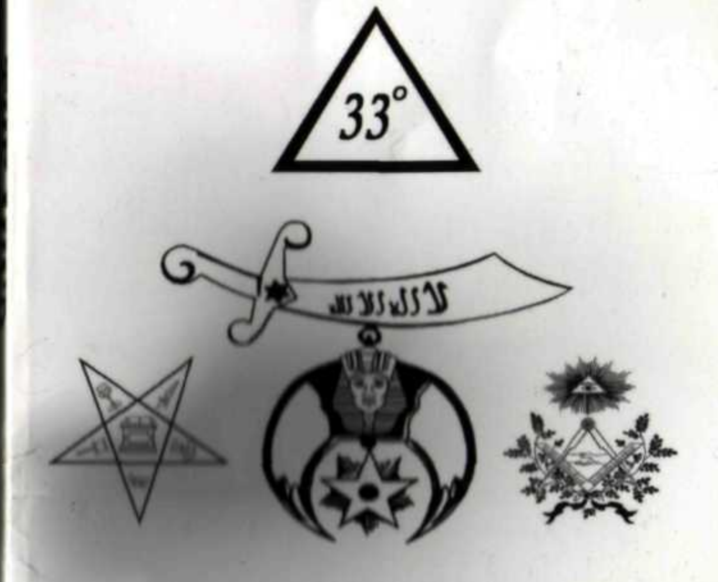
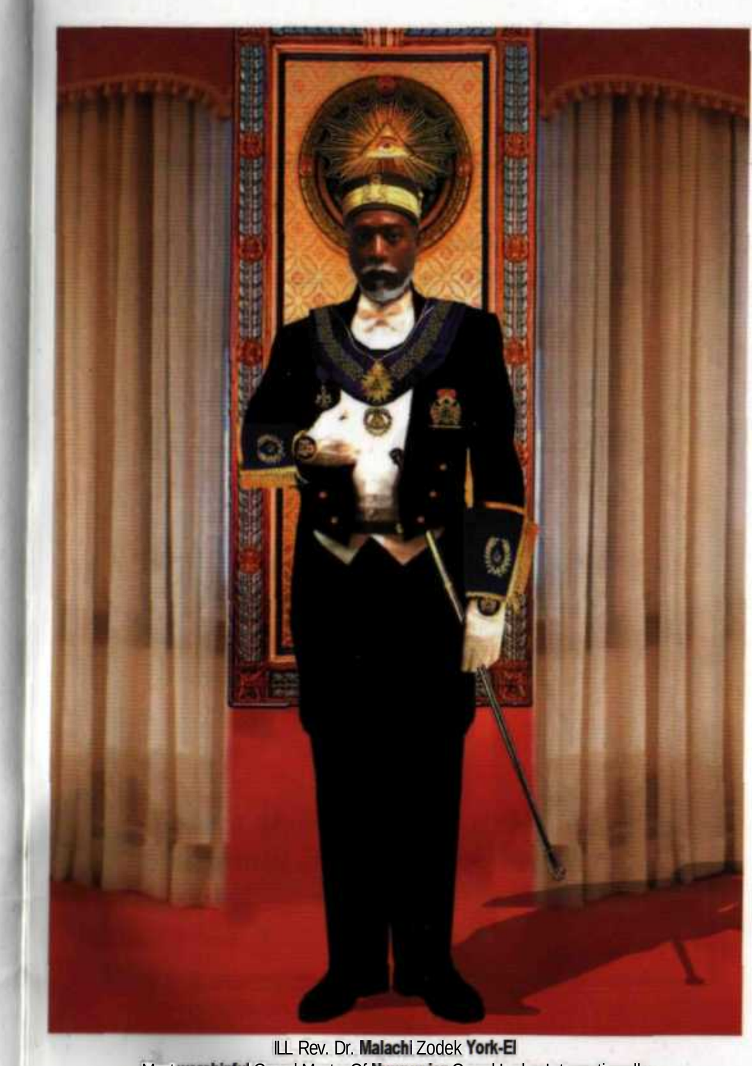
# THE MIND




By The Grand Al Mufti "Divan"
Novle: Rev. Dr. Malachi Zodok York-El 33°/720°



ILL Rev. Dr. Malachi Zodek York-El
Most worshipful Grand Master Of Nuwaupian Grand Lodge Internationally
S.G.H. "Supreme Grand Hierophant" Of The Ancient Egiptian Order And A Noble Of The Ancient Arab Order Nobles Of The Mystic Shrine, Mecca Temple No. 1
Nuwaupian Grand Lodge Of Freemasonry International. Inc.

1 Timothy 6:15

~The Mind~

*Walk in the light of the sun as if all can see you at all times*




*I came giving you what you want so you would learn to want what I have to give*

tfefirerw 11:1

# ~The Mind~

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**Presented To**

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**Temple Name & Number**

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**Desert**

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Oasis

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**Date**

**Don't** try to **change** tfie **wind or** tfie **sea, just** change the said

## *A Personal Note From The Inscriber*

**I am The Grand Potentate Noble Rev. Dr. Malachi** Z. **York-El 33°/720°, Reverend of The Egiptian Church of Christ Inc., the Imperial Grand Potentate of the International Supreme Grand Council of Arab Shrinendom Inc., a Son** of the **Desert, Al Mahdi Shrine Temple No. 19 Desert Georgia, Oasis Macon. I** am calling you to accept this wisdom that I **have** to give you, of the many teachings that I have inspired **so** many with ***The Mind*** and my mind from **Isa** Al **Masih.** the Messiah Jesus. He is the Potentate of **Potentates,** King of Kings, **Lord** of Lords **(1 Timothy 6:15). It** is one of the greatest scrolls, for it was a **special gift** given to me for you by the Heavenly Father and **his** heavenly **host,** who are your descendants **down to you. However, you refer to** them as your ancestors.

This scroll is a revised copy of the original scroll called ***The Mechanics of the Mind.*** The reason why I am bringing it forth to you again is because the first time in 1970 A.D. when I released **it,** it inspired many of thousands of minds out there. So I give **it to** my fellow travelers, and sons of the **desert,** in a spiritual form so that ye may **overstand** it more fully. Make note that all of the Biblical and Koranic quotes in this scroll are coming from the original **Aramic (Hebrew),** Greek and **Ashuric/Syriac Galilean** (Arabic) languages. You may refer to **your** own Bible, Koran, etc. Also make note that the foreign words used in this scroll are coming from our divine ancient Egiptian **language** called **Nuwaupic.** The reason for **this is** so **that you may learn to speak your own** language **without** other

translations. This is your first step. Sons of God **(Psalms 82:7-8, John 10:34-35)**, this scroll's purpose is a guide to improve your everyday living, everyday emotions, everyday sayings. Know that I am here to reform and guide, to break the spell of Leviathan (Kingu, Apophis) and put you back on the right path as we together through The Lord Jesus son of God, find our way home to the father. The devil has gotten into our lodges, temples, churches and mosques and propagated Satan or Lucifer's doctrine. We must restore the truth. So hearken unto the words, however it is only for those who want to listen.

This is just one of many divine inspirations, ***The Sacred Wisdom of Tehuti, I am the way, Sacred Wisdom of Atum-Re (The Black Book), Sacred Wisdom of Tama-re (The Gold Book), Jesus Found in Egipt, The Luciferian Conspiracy, Your Potential, Degree of Mosesism, Degree of Christism, Degree of Muhammadism, Let's Set the Record Straight, Leviathan 666 parts 1&2, The Beginning, The Millennium Book, The Egiptian Supreme Being, The Hidden Symbolism of Freemasonry and Masonic Quiz Book & The Noble Koran*** which were sent to me to give to you for proper guidance, and for keeping the remembrance of **God Almighty, The Most High** within your mind, body, and heart. Make the teachings of this scroll a part of your everyday life, don't just read it and put it down, study it intensively. And by all means give it to a friend, or child or parents, who are in need. This is universal knowledge, which I share with you all in the name of God.

# The Mind

***The essence of God, we call on the Son of God to break the spell, by way of these facts (order)***

*Scroll One*

*The Human Being,*

*Mortal man*

*(19x3=57)*

**Lo**! All of ye children of God who have embarked upon the secret Masonic order,

**2 I, Noble: Rev. Dr. Malachi Z. York-El 33°/720°**, am a Reformer. I have been sent to you to break the spell and prepare you for the coming of the Messiah Jesus, the Saviour to all, Muslims Jews and Christians.

3 I am about to impart upon your mind the mechanics of what you call the master organ or simply "the brain", which works with the mind.

4 Know that your mind was a special gift given to you by your ancestors,

5 Whom I **call** your descendants,

6 For *they* came down to you from above.

7 They are called Eloheem, the Gods in the Bible, Neteraat by ancient Egiptians, Anunnaqi by Sumerians who are the Yahwehan (Lords) of the Old Testament, Angels of the New Testament of the Christians,

8 And Al Malaa'ikat, of The Noble Koran of the Muhammadans,

9 The ruler of which is

King of Kings of the Noble Koran,
10 Who is El Eloh, Anu, Allah, Yahuwa, Theos or God, to many.
11 All within The All,
12 Within the confines of these pages you shall embark upon the knowledge,
13 The wisdom, and the overstanding of the mind,
14 Which is working with the brain, and the nervous system.
15 Three out of your whole body: 1. mind, 2. brain, 3. nervous system and that's your being.
16 The brain is one of the most intricate of organs within itself,
17 And was created by God.
18 This knowledge that I am giving to you, has never before been taught to you by any.
19 Remember, my dear companion in the Right Knowledge with Right Wisdom you receive the Right Overstanding,
20 And get Right Reasoning over all.
21 This is the science of your way of life, which are the facts of life.
22 Let me begin by giving you the nature of the homo sapien,
23 Who is the mortal man, the human being known as people; the human animal.
24 The children of Enos, the son of Seth *(Genesis 4:25-26),* who is called in tones Sheth *(The Noble*







*Koran 7:172),* and in rhythm Shiyth, and his wife Aqlimiyah *(Book of Enoch, The Holy Tablets Chapter 13).*
25 O ye children of Enos, know that ye all have fallen from a being, to a supreme being, to a human being, to a human to a man, to a mortal to a mammal, to an animal. Don't fall any further my children to become a beast
26 Study the scroll: **THE SACRED WISDOM OF TEHUTI.**
27 When the Human searches for happiness they invariably turn to external objects and events for satisfaction.
28 They merely think, *"if I can just have that car,*
29 *"Or if I were just able to get that job,*
30 *"Or if I only lived here*
31 *"Or there, then I would be happy."*
32 They have no perception of the fact that the mind may only be still or at peace for a short time on attaining the desired object,
33 But eventually the mind becomes tired of its newly made toy, and seeks treasure elsewhere still in search of happiness.
34 However, know this my child; each time the external objects fail to bring happiness,
35 The human being may acquire new material possessions.
36 A position with more

responsibility, money, and a new dream home,

37 Being locked in 1. persons, 2. places, and 3. things.

38 However, my child, there always remains the same mind!

39 Your mind is an elusive animal to tame.

40 Many theories exist as to how it works yet the human process seems to remain intangible.

41 Why does one so often find him or herself caught in the same frustration, and the same problems?

42 It *is* said that this is a free society, but in truth, it is each Human Being's own desires and emotions that blind them.

43 Consider this Human Being a person who smokes cigarettes daily, claiming they are determined to stop "tomorrow".

44 How many years has the Human been caught in this parade?

45 The Human truly wants to be free of the habit,

46 But lacks the necessary control of his or her own mind, and the mind feeds off a reservoir of information, which you are connected to by the etheric cord.

47 You have:

1. in-telligence 2. out-telligence

1. in-formation 2. out-formation

1. terrestrial 2. celestial.





48 In a sense, the mind is like a DVD or compact disc. It contains grooves, or impressions of sound and colour.

49 Impressions are formed when certain thought waves become habitual.

50 The benevolent example would be, if a Human Being passes a bakery and sees a chocolate cake in the window,

51 *"How delicious"* the Human says. *"I will buy that cake."*

52 If he or she ignores that thought wave and turns his or her mind to something else, then no pattern is formed.

53 However, if he or she identifies with the thought, the Human Being gives life to it.

54 The Human Being buys the cake, and looks forward to enjoying it as dessert that evening.

55 Now, suppose the Human Being finds he or she must pass that same bakery

56 Every Wednesday and Friday.

57 Each time the Human being goes by,

58 He or she recalls that wonderful cake again, and purchases another.

59 Now ponder this:

60 What was originally just a flash in the mind, has become a force in his or her life.

61 Grooves in the mind are not necessarily negative.

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59 Now ponder this:

60 What was originally just a flash in the mind, has become a force in his or her life.

61 Grooves in the mind are not necessarily negative.

62 There can be grooves in the mind which are uplifting,

63 As well as those which brings one down.

64 There must be a strive to develop love, compassion,

65 A sense of service and the will of God,

66 Cheerfulness,

67 Kindness, and many other qualities, which not only makes one's own life happy,

68 But which radiates to others.

69 Everyone wants to be at his or her best

70 Each person would like to think that he or she is perfect

71 Yet, despite repeated resolutions, every person finds so many times being less than what he or she would like to be.

72 The cause of this predicament is the EGO or as it is called ankee (אנכי) in Aramic (Hebrew),

73 Or al zhat (الذات) in Ashuric/Syriac Galilean (Arabic),

74 And ego (εγω) in Idumean (Greek).

75 And as we say in Nuwaupic (Egiptian) thawut ([illegible]).

76 The ego my child, is the cause of all bondage and is the chief barrier to the experience of reality.

Mind your mind for the jewels of your soul





*Scroll Two*

*The Ego*

*(19x1=19)*

1 Lo! Children of God, one of the schools which I, known as Al Mufti, (who is known by many names for the many cloaks I wear), must take you through, is the school of the EGO.

2 Know ye that, this is one of the hardest attributes to destroy.

3 This is the attribute that is carried out mostly by the evil reptilian one, the serpent *(Genesis 3:1, John 8:44, The Noble Koran Chapter 114)* also known as the Dragon Zuen, Lucifer, *(Isaiah 14:12)* or the devil *(Revelation 12:9),* he who is the son of Shakar and Mylitta, the fallen angel "nephilim" *(Genesis 6:1-6).*

4 Reject him and his attributes, and let him, his children, and his seed *(Genesis 3:15)* not into your hearts,

5 For he and his seed would only lead you through the doors of misery *(The Holy Tablets Chapter 8 Tablet 3).*

6 However, through the *Masonic, Shrine, Eastern Star, and Shriner Ladies,* you can learn how to burn out the ego.

7 Through the journey of this scroll, I will impart upon your minds the works of the ego.

8 The ego is the self-arrogating aspect of the mind.

9 It is the ego that **separates** the individual from unity with others and within him or **herself,** for the ego asserts **"I-ness."**
10 The ego is the greatest obstacle to obtaining peace, for it is that which occupies the mind with whether we are better or worse,
11 Possess more or less,
12 And have greater or lesser power than others.
13 The ego is attended by desire, pride, Anger,
14 Delusion, **greed,**
15 Jealousy, **lust,**
16 Hatred, **racism,** and leadership. The 3 principles are in *Genesis 3:6.*

1. Good "Goods"
2. Pleasant "Pleasures"
3. Desire "Desirous",

*17* The ego is the most difficult aspect of the mind to control like shame *(Genesis 2:25).* Shame has no boundaries.
18 For its nature is such that it deludes even while one is striving to overcome it.
19 **When the ego is subdued energies can then be utilized constructively for personal growth and the service of others. Mind your mind for the jewels of your soul**

*Scroll Three*
***The Power of Thought***
*(19x3=57)*

Lo! All of ye Humans project some kind of vibration to those around





thee.
2 Some are a pleasure to be with.
3 They seem to have a certain energy that they share with others.
4 Then there are those who are absorbed, by the negative and the depressed *(Genesis 4:5),*
5 And they seem to actually draw energy out of people in their environment.
6 The reason for this my child is because there is a power contained in thought.
7 Know ye that it is very subtle,
8 Yet it does exist and it is extremely powerful.
9 Whether a person is aware of it or not, the Human Being is constantly transmitting and receiving thoughts.
10 This my child is why people have experiences of what you call ESP or extra sensory perception from time to time.
11 Some wish to call these experiences "coincidences", but they are not
12 Every thought has **weight,** shape, **size,** form, colour, quality, and power.
13 For example, a spiritual thought has a yellow **colour.**
14 While **yet,** a thought charged with anger and hatred bears the colour red.
15 A thought is like an object
16 Just as an apple can be given to your **friend,** or

t back,

17 So, also is it possible to give a useful powerful thought to someone and take it back.

18 There is a power, an energy into which each person can tap if the Human only knows it is available to them.

19 This force inspires, encourages, reinforces, and gives strength to all those who seek to grow in a positive direction.

20 Many a Human however, are unaware of this resource, or they have misconceptions about it

21 They are like the farmer who moved to a house in the city and live in darkness,

22 Because he or she did not know what those strange sockets in the walls were.

23 The light is there and available to all:

24 We need only to con-

***Our light shineth in the darkness but the darkness comprehended it not (John 1:5)***

nect ourselves with the current and become a child of light.

25 That literally means that the light force shines in the darkness and the darkness has never been able to put it out or comprehend it.

26 And again in *The Noble Koran, the 57th chapter, the 28th verse* in part it says:





***Oft you we believe! Fear God, and believe in His m e s * e n _ e r (Muhammad): He shall give you two portions (Muhammad/Jesus) of His mercy, and shall mike a light (Jems) for you all in which to walk, and shall forgive you all (repentance); for God is forgiving, merciful. (John 8:12,9:5, 11:9. 12:46, 2Cor. 4:4, Phil 2:15)***

And also in the *Book of Daniel* the *2nd chapter & the 22nd verse* which was given to our Prophet Daniel son of Jerah and Gebbar, which says:

***He reveals deep and secret things. He knows what is in the darkness and light dwells with him.***

*The law offate*

**27 The law of fate, my child there is a law in** physics that states for every action there is an equal and opposite reaction.

28 To express it popularly, it is said *"what goes around comes around."*

29 Our Lord Jesus The Messiah known in Hebrew as Yashua Ha Mashiakh, whom Christians call Jesus, and Muhammadans call Isa, who is known spiritually as Sananda,

taught:

*Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets. (Matthew 7:12).*

30 These are all expressions of the kw of fate, or cause and effect.

31 Whatever thought or deed comes from a person will be returned to the Human Being.

32 It may not come in the same form,

33 But sooner or later each person will confront the result of his or her own actions.

34 A generous and giving person draws a response of warmth and love.

35 If the person is hateful, he or she will be disliked-until he or she removes this negative quality.

36 This is law.

37 These reactions are not always experienced immediately.

38 Sometimes Human Beings, reactions are not easily learned, and negative patterns may be concentrated for many years.

39 A single lifetime my child may not be sufficient for one to obtain perfection.

40 Some people create a hell for themselves.

41 This is why some people may have it hard; and others have it easy.

42 One healthy and another is unhealthy.





43 One is cheerful and another depressed.

44 One extroverted and the other introverted.

45 One successful and the other unsuccessful.

46 It is neither cruel fate,

47 Nor a distant and unconcerned fate,

48 That set the stage for these situations,

49 But one's own fate,

50 THE YOU.

51 As revealed to our servant Ahmad, *(The Noble Koran 61:6)*

52 Who is called in tones Akhmad *(Songs of Solomon 5:16)* to you

53 And in rhythm Muhammad who is the son of Abdullah and Amina of Arabia, founder of the Muhammadism religion.

54 It is he who received The Qur'aan (The Noble Koran) from Allah (God) by way of the angel Gabriel he claimed.

55 He who bears the title Gabri'el the son of Rasi'el and Zamma'el, was the messenger of this great message called Al Islam, the rebirth of the religion of Abraham *(The Noble Koran 2:130-131, 2:140, 3:94, 16:120-123).*

56 Where it states in the *4th chapter, the 79th verse* in part: *"Whatever good happens to you (Muhammad), it is from God; and whatever bad happens to you, it is from yourself. We have sent you (Muhammad) to the whole of humanity, and God is sufficient*

*as a witness."*

57 A Human Being's life is his or her own responsibility.

**Mind your mind for the jewels of your soul**

*Scroll Four*
*Health and Relaxation*
*(19:3—38)*

1. Oh my children, what I must impart upon your minds is the importance of a healthy 1. mind, 2. body, and 3. soul and proper relaxation.

2 Remember my child, the very words healthy and health begin with the word heal. To heal one's self is step one

3 To heal one's mind will heal one's whole body.

4 Relaxation is simply to learn to relax.

5 What ye must always remember is:

6 By taking proper care of your physical body you are protecting your inner spirit,

7 And by poisoning your physical body,

8 Be it through drugs,

9 Alcohol,

10 Cigarettes,

11 Junk **food,**

12 Sugars or salts, and I can go on,

13 You are doing serious harm to your spirit, and it becomes weaker and weaker.

14 Through the teachings of *foe Masonic Order, Shrine, Eastern Star, and Shriner*







*Ladies,* you will be taught on how to nourish your body as well as your soul.

15 Know ye that proper exercise,

16 Proper breathing *(read the book: "TheBreath"),*

17 Proper relaxation,

18 Proper diet,

19 An intake of much water, and positive thinking are the requisite attendant that lead to a healthy, dynamic, and effective existence.

20 Proper relaxation is needed to maintain mental, spiritual, and physical health.

21 Many of ye think that relaxation involves leaving home for some exotic place,

22 Where the mind and body are ceaselessly pumped with stimulants and depressants;

23 And a full range of other damaging delights.

24 True relaxation comes from removing the stimuli visual edible and otherwise;

25 And tuning into the inner awareness.

26 Like any piece of sturdy machinery,

27 Human Being's physical and mental bodies can take quite a bit of abuse before giving any signs of protest,

28 Unfortunately, in western thinking it has become a practice to ignore the basic rules of health,

29 And to think that a pill here or there which

relieves symptoms will actually bring about well-being.

30 Quite the opposite is true. Pain in the body is a warning like a red light on the instrument panel of a car.

31 Taking this or that compound of chemicals to remove the symptoms are the same as taking a hammer and breaking the light.

32 It does nothing to solve the problem, and in fact may make it worse while only giving the appearance of helping. Many chemicals ingested are not useful to the body, and cannot be eliminated and are therefore merely stored.

33 The medicines accumulate, along with the food additives that are eaten in such abundance, on the average of 25 pounds per person, per year.

34 And they combine with each other to literally poison the system.

35 The effects may not be felt for many years. This does not mean that there is no need for modern medicine, yet herbs of your own are much better. But, often doctors are considered to have some form of absolute knowledge.

36 Too often, frequent visits to the local GP (general practitioners) specialist, or psychologist are substituted for living a healthy life.

37 Most of the diseases of the mind and body can be eliminated by following





the five basic points.

38 (1)-proper exercise
(2)-proper breathing
(3)-proper relaxation
(4}-proper diet with much water
(5)-positive thinking-prayer and meditation

Mind your mind for the jewels of your **soul**

*Scroll Five*
*Diet*
*(19x5=95)*

Lo! Thou should ponder on taking proper diet for thy self, which ye can also learn through the teachings of the *Masonic, Shrine, Eastern Star, and Shriner Ladies of Al Mahdi Shrine Temple.*

2 Improper diet is another hindrance to spiritual progress. All foods have distinct energies.

3 Just as the physical body is formed from the gross physical portions of the foods that are eaten;

4 So the mind is formed from the more subtle portions.

5 If the food is impure, the mind also becomes impure.

6 Cigarettes,

7 Liquor,

8 Narcotics,

9 Fast foods and too much meat are the most detrimental

10 Meals should be simple, light and nutritious.

11 Seafood my child is healthy however, none in

excess.

12 Most people eat far more than necessary merely out of habit or for a sense of gratification.

13 An immoderate diet is the cause of the great majority of diseases (dis-ease) that are encountered in modern society.

14 The mind is always looking for an excuse to avoid discipline.

15 Ye must always listen to the inner voice of the self.

16 There are two sides to you;

17 180 degrees of agreeable

18 And 180 degrees of disagreeable.

19 One percent is all that is needed to shift your emotion.

20 To the one side starting the path of disagreeable action,

21 Or very agreeable.

22 You are in control.

23 Listen to the voice of agreeable things

24 Rather than the complaints of the disagreeable mind.

25 What goes into the human body

26 Correlates directly to the efficiency

27 With which the brain functions.

28 Studies have shown that certain red food colour,

29 Creates hyperactivity in children,

30 And that refined sugar can cause emotional instability.





31 And this is what most start their children on.

32 These are just two examples of the substance

33 That are heedlessly consumed

34 Without overstanding the effect on the body and mind;

35 Each of which have two parts.

36 **THE BODY** is 1. voluntary, 2. involuntary,

37 That which you control and that which takes control of itself.

38 **THE MIND: 1.** good and 2. evil, which also try to take control.

39 Many intakes are bad although not categorized as harmful foods. These substances should be strictly avoided: marijuana, cigarettes, alcohol, drugs.

40 There is a growing awareness that our health is directly affected by what we eat

41 Almost any dis-ease can be cured by either a change in diet,

42 Or a short period of fasting and with no medication at all.

43 This is not only true of physical disorders,

44 But of many mental difficulties as well.

45 It is particularly important that pregnant mothers be aware of this,

46 For too often they do not realize the effect of their diet on the developing fetus.

47 Contrary to the popular concept it is not vegetari-

ans who do not get enough protein,

48 But rather heavy meat eaters who take in an excess of protein.

49 "Animal Protein" contains a high concentration of uric acid,

50 Which is a nitrogen compound similar to ammonia.

51 It is not water soluble and cannot be broken down by the liver.

52 Thus, though a certain amount is eliminated,

53 The great portion of uric acid is deposited in the joints.

54 The results of this is referred to as Arthritis.

55 Hardening of the arteries and heart disease are two of the most common maladies in the western world,

56 Where the greatest amount of meat is consumed.

57 The culprit, my child is cholesterol that also cannot be eliminated from the body.

58 And thus forms fatty deposits along the walls of the heart and arteries,

59 Gradually thickening until they are clogged and inflexible.

60 The major source of cholesterol comes from the hundreds of pounds of animal tissue and its fats that each person consumes each year.

61 Heart disease, hardening of the arteries, and arthritis are common infir-





mities,

62 However, the one that strikes the most fear in the hearts of westerners is Cancer.

63 Many substances have been found to create cancer in animals,

64 However, results always seem to indicate that the amount consumed by the average person is insufficient to create cancer.

65 What is not revealed is that the accumulation of these poisons over a period of years does cause cancer.

66 These substances are innumerable chemicals that are injected into animals.

67 These increase weight to yield more dollars per animal.

68 Nitrites, food colouring, artificial hormones,

69 And even arsenic is among the chemicals contained in animal flesh, by the time it goes on the supermarket shelf.

70 These plus the many other additives consumed by members of an industrialized society,

71 Collect in the body and are stored in the tissues.

72 Cancer occurs when the cells react to these excessive toxins in a sense,

73 Mutating into cells which reproduce uncontrollably.

74 So much for the horrors of the meat industry.

75 There are several other interesting physical and

spiritual reasons for not eating meat
76 One, is that it takes four times as much grain to feed animals,
77 Than for a Human to consume it directly.
78 This raises a moral question in regard to sharing our resources with poorer people.
79 Plants are the original source of energy for all living things,
80 As they store the energy the sun through photosynthesis.
81 A person who does not eat a lot of meat not only takes nourishment from the original source,
82 But their diet is more economical with regards to cost and the best utilization of ___________
83 Seafood also is very good for you, but that too can be taken in excess.
84 Another more interesting fact is that a Human Being's digestive system is not one of a carnivore.
85 His or her teeth are designed through mutation, for biting and mashing original vegetables.
86 But after so much mixing, now many Negroes or Afro-Americans, Blacks have canine teeth for tearing flesh.
87 The lack of those teeth was the reason why a Human Being ages, tenderizes and cooks his or her meat to make it more edible.
88 Diet also alters the per-





son's very appearance from hu-man to animal, as well. as his/her nature.
89 Meat eaters are much more violent
90 The human liver is proportionally smaller than that of a meat-eating animal,
91 And is not built to handle the filtering of animal poisons.
92 Also the alimentary canal, which is short in carnivorous animals to speed poisons through the body quickly,
93 Is quite long in a Human Being, as it is in any vegetarian animal.
94 Note, the untruth; that you need meat, or that you will lose weight if you don't eat meat
95 Herbivores are much larger than carnivorous animals.

**Mind your mind for the jewels of your soul**

*Scroll Six*

*Concentration*

*(19x3=57)*

Lo! Concentration my child is the act or process of concentrating.
2 To concentrate is to focus, center, to bring or direct one's mind toward a common center or objective.
3 Concentration is a very important principle,
4 One that you should practice and try to master.
5 For contrary to the belief

that the art of concentration is simple,
6 Efficient concentration is not easily achieved.
7 Your world, oh mortal; is the materialization of the thought forms of divine intelligence.
8 It exists as vibration.
9 Just as there are waves of heat, light electricity, and energy,
10 There are also thought waves.
11 Thought has tremendous power.
12 Everyone experiences it to some degree.
13 It could be used a thousand times more effectively;
14 If one had a comprehensive overstanding of the working of thought vibration,
15 The techniques for controlling them,
16 And the method of transmitting them to others at a distance,
17 Which is called telepathy, tele-path. The path through the mind to mind (mental) is,
18 One of your four higher senses.
19 By overstanding and realizing the powers of the mind,
20 One can see distant objects,
21 Hear distant sounds,
22 Send messages to any part of the universe,
23 Heal people thousands of miles away,
24 And move to distant places in no time.





25 There is no limit to the fcower of the mind!
26 Consider: when flowing loosely over a wide area,
27 Every force in nature move slowly and with less power than if gathered in fcne mass and directed through a single restricted outlet.
•8 Dammed and accumulated, the once sluggish and leisurely flow of a river lushes out with amazing force through the stream.
•9 The warm rays of the sun focused through a magnifying glass becomes hot enough to burn fcjects.
30 Such is the power generated by the concentration of force.
31 This natural law is also applicable to a Human Being.
32 Mental concentration is the fixing of the mind for an extended period of time on one external point
33 There can be no concentration without something on which the gathered rays of the mind can rest
34 It must be a single object or idea.
35 People sometimes pride themselves on being able to think of two things at once.
36 The mind does not work this way!
37 Its oscillating waves are merely bouncing back and forth with lightning velocity between the two ideas.

38 The mind can only do one thing at a time

39 Anyone who imagines that a mundane chore such as dishwashing goes faster,

40 if they are thinking of palm trees and a sunny beach are fooling themselves.

4! Their mental waves are moving between the day-dream and the task at hand.

42 The attention actually given to the work is thus slowed down, because of the constant interruptions,

43 And the hands slow down too.

44 How much better to keep the mind on one point and finish the job in half the time.

45 Everyone possesses the ability to concentrate to some degree. Example:

***Conscious practice of this innate ability strengthens the thought currents, clarifies ideas and utilizes some of the immense latent powers of the mind.***

46 What has been cloudy and hazy becomes clear and definite.

47 What was difficult, complex, and confusing becomes easy.

48 One is able to work with greater efficiency.

49 To turn out more work in less time.

50 And to increase one's earning capacity.

51 Concentration can also prevent or minimize the





problems of senility.

***After the age of thirty, a Human's brain cells dies off at the rate of 100,000 per day and are not replaced. It is vital to strengthen and make the best use of one's learning capacity.***

52 With the utmost concentrated attention the surgeon operates on his or her patient

53 Deepest absorption marks the state of the technician, engineer, architect, or painter engaged in drawing the minute details of a plan, chart, or sketch in which accuracy is of the highest importance.

54 The same concentration is necessary on the spiritual path where the aspiration must deal with the internal forces.

***The human who practices concentration retains clear mental vision. This is what is referred to as clairvoyance (clear-vision).***

55 For progress to be made it must be developed to a very high degree.

56 Practice demands patience, will, untiring persistence, and regularity.

57 *There are no shortcuts along the spiritual path.*

Mind your mind for the
jewels of your soul

*Scroll Seven*

*Pleasure and the mind*

*(19x2=38)*

Lo! I will speak to you on pleasures.

2 Know ye that in *The Holy Tablets chapter ten, tablet twelve verse 147* it states:

***The less pleasure you have, the less your burden of liberation will be.***

3 Worldly pleasures intensify the desire for greater enjoyment.

4 The mind can never be satisfied no matter how much of man's pleasures are fed.

5 Emotions become dangerous when they become motion.

6 It is these emotions that make you fight; which lead to wars;

7 Emotions that lead to greed, cause you to overeat, and leads to diseases;

8 Or to eat yourself to obesity, or death.

9 Emotions lead to your need, and what you want; and sex leads to lust and luster.

10 You are exceptionally apt to get AIDS, or one of many other diseases today. If you let your emotions be controlled by lust, or the luster of it makes you go out and buy a sexual instrument to give you pleasure. You desire to feel good. Then you become a pleasure animal, a sex addict

11 Then you will be an AIDS victim.

12 Because of the fact that you need stimulants to





make you feel good shows you have a kck of self-control.

13 And if the opportunity arises for you to have sex you'll take chances,

14 Not caring what the consequences might be, even possible death.

15 When you're emotional and calm you're okay.

16 I'm not saying don't have feelings,

17 Do not cry or let your anger get you into trouble because you can't control Bur mouth.

18 When you are over emotional, sexually out of control you take chances you normally wouldn't, and regret it once you have AIDS.

19 Wftien you're over emotional you can get into a fight and have regrets,

20 Or a person who is obese now has regrets mat they're fat and say,

21 *'I wish I could lose weight."*

22 Like getting fat wasn't their problem from the beginning.

23 **This** is your own **trinity:** 1) me, 2) **myself,** & 3) I.

24 These emotions lead to other emotions like fear and regret:

25 A person with AIDS now realizes *'I'm going to die."*

26 The person who is obese, and has all this fat around their heart realizes with their added worry, aggravation, which increases the chances **of**

dying, say:

27 *"I'm going to die."* Emotions link into motion.

28 When you give into your emotion, you give up a part of your divinity.

29 That means when you're upset by something,

30 You are no longer in control of yourself.,

31 And therefore you're under the rule of another.

Remember:

**Emotions:**

**Gluttony**-one can eat themselves into sickness and even death.

**Anger**-wars, taking things, this is mine, that is mine, I want this, I want that.

**Lust**-pleasures, comfort conscious, desires.

32 You can say out of your mouth, *"I control my life".*

33 However, you can be under control and lose your own divinity,

34 And surrender your divinity to another who is in authority.

35 The sayings: believe in yourself, then they say believe in God.

36 They told you who and what you are *(Genesis 1:17)*, in the scripture of our apostle St. John the Divine called in tones Yowkhanan and in rhythm Yuhanna, the *10th chapter, the 34th*





*verse'* where it states in *John 10:34*:

***Jesus answered them saying, is it not written in you law, I said you are Gods?***

And again in the scripture, which was received by our King David called in tones Dawiyd, and in rhythm Dawud, The *Book of Psalms the 82nd degree, the 6th verse,* where it states *Psalms 82:6:*

***I said you are Gods and all of you are children of the Most High***

For instance when you humble yourself to someone you are surrendering your divinity to them, but can regain it back.

It is not like once you lose your divinity that you can't regain it again. You lose it of your free will. So you can earn it back when you will. Don't mix humbleness up with submission. They are not the same. No man knows less than the one who knows it all.

Mind your mind for the jewels of your soul

*Scroll Eight*

*The more it possesses, the more it wants*

*(19x1=19)*

Lo! Without knowing it, Humans are exceedingly plagued by the insatiability of their own minds.

2 Most humans are about

as happy as they make up their own minds to be.
3 In order to remove this sort of trouble the craving for sensory stimulation must be removed.
4 Once the mind has been stilled and concentrated it no longer presses one to seek further pleasures.
5 The senses can be controlled through reduction of wants and activities.
6 Dietary discipline is essential.
7 Furthermore, one should avoid undesirable company as well as stimulants and depressants.
8 Television, cinemas, and newspapers, which agitate the mind. These influences should be reduced, and repkced with periods of sitting in silence and solitude.
9 There is really no right i way to do wrong things.
10 By witnessing and tempering desires and emotions, the qualities of egoism, anger, greed, lust, and hatred are eradicated, which means to rip out from the roots, to destroy.

*"The Mind: Best Friend: Worst Enemy"*

11 One should not allow the mind to dissipate its energy uselessly, on vain thoughts, worries, imagination, and fears.
12 One thing you cannot recycle is wasted thoughts and time.
13 By manipulating the





mind one is able to bring it under' control, and compel it to concentrate its powers.
14 However, one must not wrestle with it.
15 Lost time is never returned.
16 Struggle only sets more mental waves into motion.
17 The sum total of all the pleasures in the world is nothing compared to the bliss derived from meditation.
18 Feed your mind meditation,
19 And idle time will starve to death.

Mind your mind for the jewels of your soul

*ScrollNine*

*Saving Energy*
*(19x1=19)*

Lo! To reduce the out flow wasting of mental energies,
2 The senses must be subjugated.
3 One fourth of one's energy is diverted to digestion of food,
4 Which is often eaten for the pleasure of the taste buds rather than for sustenance.
5 Additional mental and physical energy is squandered in useless idle talking.
6 Learn control of the tongue my child;
7 By observing silence for an hour or two a day.
8 Our senses have been habitually overfed,

9 And geared to gluttony.
The greatest of our faults is to think we have none.
10 One should examine all worldly habits
11 And curtail them sharply.

*Fasting ofthe mind*

12 Fasting of the mind is:
13 When the thoughts are weaned from attachment to the many fleeting sensations that they feed upon.
14 The senses do not convey the experience without the cooperation of the mind.
15 An agreeable exercise is to not allow the senses to come in contact with their object.
16 For example: if certain music or television programs are found to leave the mind in an agitated state
17 They should be eliminated.
18 By withdrawing the mind, the senses are also withdrawn.
19 Remember if you don't care where your life is going then any road will lead you there.

**Mind your mind for the jewels of your soul**

*Scroll Ten*
*Attention*
*(19x1=19)*

Lo! In everyday situations, one should develop the faculty of attention.





2 Concentration itself is a narrowing of the field of attention.
I The entire attention is Brown into whatever is King done.
• The individual becomes lost in the job at hand.
5 One must concentrate on the work and rigorously shut out all other thoughts.
I No work can be done successfully without calmless and concentration.
f In this way the mind Becomes one-pointed.
I Failure is a stranger to work done with perfect attention.
9 When one sits for meditation there should be no thought of job-related work,
10 Therefore when doing job-rekted work household chores should never enter the mind.
11 In training the mind to attend only to the work at hand,
12 A person with an agreeable concentration can accomplish a task in half the time and with twice the accuracy that it would take the average person.
13 It is easier to pay attention to what is pleasant;
14 For the mind is naturally attracted to what pleases it.

*The Holy Tablets chapter 6, verses 9-14 says:*

***When I work I should be as the strings of a guitar through whose soul the***

**Scroll 10:14** **Scroll 10:19**

*the silence of the moment becomes harmonious. (10) which of you would be likened unto a leaf who plays when the wind blows, when all else sings together harmoniously? (11) I never want to see work as a curse of misfortune for being disobedient. I say to you when you work then fulfill a part of the distant dream of nature, (12) The birth of that dream was the gift unto you. (13) And you who truly loves life will forever reside in labour. If you truly love. (14) Thus, through labour will you loveth life, for it is why you were procreated through labour the intimacy of fife's innermost secrets will manifest.*

15 A beneficial exercise is to fix the attention on an unpleasant task

17 From which one may have previously shrunk.

18 Under scrutiny, they become interesting

19 And interest reduces the unpleasantness. It is very nice to be important. However, it's more important to be nice.

**Mind your mind for the jewels of your soul**

*Scroll Eleven*





**Scroll 11:1** **Scroll 11:17**

*From The Unreal To The Real (19x3=57)*

Lo! There are experiences, my child that cannot be described.

2 Just as colours cannot be described to a blind Human.

3 However, all ordinary experiences are limited by time, space, and the kw of cause and effect.

4 Normal awareness and overstanding do not ttanscend these bounds.

5 Finite experience is measured in terms of past, present, and future.

6 The concepts of time are illusory,

7 For they have no performance,

8 Immeasurably small and fleeting.

9 The present cannot be grasped.

10 Both past and future are non-existent *in* the present,

11 And therefore are unreal.

12 Ye live in a world of illusions.

13 With meditation comes freedom;

14 Freedom from fear of death.

15 Most of ye mortals ponder that death is the end of existence.

16 However, in fact, death means only the extinction of the present name and form.

17 The greater the identification with name and

form,
18 The greater the fear.
19 Living a righteous way of life induces detachment from name and from form.
20 It makes one aware of the ever changing nature of the body,
21 And of all phenomenal existence.
22 In recognizing the ephemerally of it all,
23 One realizes the impossibility of holding on to anything,
24 Including ones cumbersome ego-identity.
25 When this need to grasp disappears
26 Then the fear of losing what one never really possessed vanishes, and
27 Immortality is within reach. Remember real fear is the lack of true faith.

*"Ultimate reality"*

28 My children, I have introduced you to the existence of The All
29 What some call Quantum physics.
30 Know ye that The All alone is real. All gods, be they called Buddah, Krishna, Isis, Allah, Yahweh, Horus, Adonai, El Eloh,
31 Amen-Ra, Anu, Khnum, Theos, Dios, Oba-Tala, Rab, Mazda, Eloheem, Osiris, Allahuma, Supreme Being, Atun, Creator, Sebet, Shango, are all in ALL. And the Most High God





fcve call the All is the Source. God the father who sent his son to Earth to make a way for us all.
32 The world of illusion is unreal, and idle worship is unreal. Idol worship is not evil for no idol can be ALL.
33 And the individual soul is eventually returned to ALL,
34 For all things exist within ALL.
35 From within ALL is where you came.
36 And within ALL is where you will return.
37 This ultimate reality is beyond the reach of the limited intellect,
38 And within the reach of the unlimited intellect, and the knowable world.
39 You must begin to overstand a new physics;
40 It's called Quantum **Physics.**
41 Renunciation alone;
42 The abandonment of all worldly attachments
43 Can lead to knowledge of the absolute.
44 This is achieved through a process of negation of all worldly desires,
45 Identifications, qualifications, and extensions.
46 The precepts of Jesus Christ, who some of ye call Isa, or Yashua, Sananda, Horus, Karast, Sonship, must be practiced for you are a child of God who is in ALL. *John 10:34-36: Jesus answered them, Is it not written in your law, I said, Ye are gods? If he called them gods,*

*unto whom the word of God came, and the scripture cannot be broken; Say ye of him, whom the Father hath sanctified, and sent into the world, Thou blasphemest; because I said, I am the Son of God?*

47 To attain freedom one must engage in solid spiritual practice.

48 The Messiah Jesus' teachings must enter your bones, nerves, cells, and interior chambers of your heart.

49 Lip-confession and the praising of his name as **Jesus,** is not only inadequate, and insufficient it is sinful.

50 It is pure hypocrisy.

51 We should become absolutely fearless.

52 This is life in reality.

53 No more words. No more talk. No more arguments, heated debates, or discussions.

54 No more wandering. As he said *I am in the Father, and the Father is in me (John 14:10)* and you say I am All and All is in me.

55 Become the Christ

56 Live in truth. Enter silence. There is peace. Peace is silence.

57 **That's the Right Path, That's Right Knowledge which leads one to Right Wisdom and the Right Overstanding. Even The Noble Koran 4:159 tell Muhammadans that they also must believe by way of Jesus before they die.** *The Noble Koran*





*4:159 "And verily, from the family of the scripture (from Adam to Muhammad) there is not anyone that should not believe by way of him (Jesus) before he dies, and the day of resurrection he (Jesus) will be a witness over them." (Kor. Chapter* ***110, 2:214, 61:13-14,*** *John* ***3:18, 5:24, 8:21-24,*** *1 John 4:3, Rom 10:9)*

**Mind your mind for the jewels of your soul**

*Scroll Twelve*
*Self*
*(19x3=57)*

Lo! There are various methods for realizing the self.

2 All are based on the removal of limiting ideas in regard to oneself and the universe.

3 Just as a container creates the illusion that the space inside it is separate and smaller,

4 So me mind creates its own walls,

5 And hence, the illusion of separation from the **self.**

6 *"Not This, Not This,"* is a method of analysis by negation or denial.

7 It is a means of approach.

8 By finding out what a particular subject is not like, one can move towards an overstanding of what it is like.

9 Through this process of negation, one can approach an overstanding of real happiness;

10 By realizing that it does not lie in wealth, power, fame, or any other object of worldly pursuit.
11 Through negation of everything that can be known via the senses,
12 One exhausts the mental modifications;
13 And finds the answer within.
14 Ultimately, direct experience is necessary,
15 For it is not a matter of intellectual overstanding.
16 A human is not his or her house,
17 Nor is he or she, his or her job.
18 For these are subject to change,
19 But a Human remains the same.
20 It is useless to identify with clothing or Jhairstyle,
21 Yet all are subject to this form of illusion from time to time.
22 The real you, which is sometimes called the self is one's essential nature,
23 Is neither body nor senses;
24 The body and senses are mere external qualities of the self.
25 The serious spiritual person negates identification with all things of this world that are not real.
26 The Human negates the mind by saying:
27 *"I'm not this personality,*
28 *"I'm not these desires,*
29 *' I'm not these fears,"*
30 Until eventually, all things within worldly experience are negated,





31 And nothing remains but the self.
32 In this kind of meditation union with the absolute is achieved by denial of body,
33 Mind,
34 Name,
35 Form,
36 Intellect,
37 Senses,
38 And all limiting adjuncts.
39 The true "I" remains,
40 Which is absolute existence, knowledge, bliss.
41 One should observe the play of life as though he or she were watching a movie,
42 But again, does identify with it.
43 Whatever situation one experiences, his or her reaction should be,
44 *"I am not invoked, I am only watching it happen."*
45 This entails introspection,
46 And close awareness.
47 The mind does not want to be watched,
48 And will soon slow down its activities,
49 But it does not give up without a struggle.
50 In many ways it will deceive and persuade one to stop watching it
51 It is such a powerful force that it is capable of dragging the attention wherever it goes,
52 Unless extreme watchfulness is practiced.
53 Many, many times it will divert the attention from its focus.

54 One must observe this with patience,
55 Then firmly return to the witness state,
56 Taking care not to fight the mind,
57 But only to gently guide it.

**Mind your mind for the jewels of our soul**

*Scroll Thirteen*
*God Is One*
*(19x2=38)*

Lo! I am in All and All is in me.
2 Yashua Ha Mashiakh (Jesus the Messiah), Isa Al Masih stated, as recorded in the letters of Yuhanna Bar Zabadiy, (John son of Zebedee) whom ye call St. John the Divine, *the 10th chapter the 30th verse: "I and the father are one." (John 10:30)*
3 And again in the Letters of Yuhanna, St John the Divine *the 14th chapter, the 9th verse: "He that hath seen me hath seen the father." (John 14:9)*

*Absorption*

4 There are no qualities in the universes that are not in the human body.
5 An atom is a complete replica of the solar system,
6 with electrons encircling a nucleus just as planets revolve around the sun.
7 The atom is a microcosm; small,
8 And everything that is







happening in the microcosms of the human body
9 Is also occurring in Ta, also called Orb, Ereth, T'erra, Eridu, and Ard,
10 That ye mortals call the planet Earth.
11 And is also occurring the universe.
12 Individual cosmic creation and destruction are taking place all the time.
13 Instead of identifying with the individual self,
14 Which is only a tiny fraction of the universal scheme,
15 One can find his or her larger identity by merging With the Kosmos itself.
16 Making him or her a kosmosan.
17 It is matter in its most subtle state.
18 Before the sun and the planet earth came into existence,
19 They were gas molecules,
20 And before evolving into the molecular str.te,
21 They existed in the etheric or energy state.
22 The water molecule is composed of the atoms of hydrogen and oxygen.
23 When atoms were smashed in the cyclotron,
24 It was discovered that this was not the end of matter.
25 Regardless to what extent scientists subdivide atoms;
26 They continue to find smaller particles as quarks,
27 And even smaller particles as bi-aps.

28 If the planet Earth and the sun were suddenly blown to pieces

30 The matter would revert to **energy,** for

31 Be called nothing less **than,** solid, liquid, gas. And as recorded in The Holy Tablets, it says in the *3rd* chapter, the *9th tablet verses **22-26,*** where it states: *(22) **Anu, Elyown Elyown** El, it **was you,** who created **and** made first the three abodes. (23) One **of** gas. (24) The **other** of **liquid,** (25) the third a solid. (26) **These** are the **homes** of his **beloved.***

32 Beyond these three is a state of **nothing,** ether.

33 Ultimately it would **return to ALL.**

34 Being yet still a part of **ALL,** the journey is short It's **within itself.**

35 Being a part of ALL is being ALL.

36 You can't take from All, where would you put it?

37 You **can't** add to **All,** for where would you get it from?

38 So all gods, deities, **statues,** images, idols and desires to be, is in ALL.

Mind your mind **for** the **jewels of your** soul

*Scroll **Fourteen***
***God** is **oneness***
*(19x2=38)*

**Lo!** Oh ye Humans, **ponder** on this **thought:**

2 A dose look at these **elements,** which ye take for





granted leaves one in awe of the guiding cosmic intelligence.

3 Water, $H_2O$ for **instance,** is made up of two hydrogen atoms and one oxygen atom. And this is what *The Holy Tablets Chapter 1, **Tablet** 8, Verses* *28-29* says about the atom; *(28) **The** simplest particle of life **is** a quark of which atoms are **composed.** The atom is the smallest unit of an element that retains all of the elements prop**erties.*** *(29) All things are made of atoms, which are composed of **quarks.** It is the smallest **of** any **substance.** This is called **Quantum Physics,** my **child.***

4 When hydrogen by itself comes into contact with fire it reacts with **explosion.**

5 Oxygen reacts with fire to make it burn more fiercely.

6 Yet in combination as water; they will quench fire and cool off the **body.**

7 If one professes of **having** any intelligence at **all,** he or she must ask him or herself, **"what** is the source of this intricate **engineering?"**

8 Only an intelligent power is capable of such **creation,**

9 God.

10 All life is **interconnected.**

11 Animals breathe in **oxygen,** the bi-product of plants and exhale carbon dioxide.

12 In their bodies the **oxygen** combines with glucose

13 To produce energy for various bodily functions.

14 Plants take in carbon dioxide, and release oxygen into the air that is then used by animals.

15 They take nutrients from the soil and the sunlight for photosynthesis.

16 A human eats the plants for nourishment and when he or she dies,

17 His or her body is returned to the earth to the Adama, of the ground, where it becomes food for the plants.

18 This is but one small example of the complicated and interdependent relationships that exist among all things.

19 It hardly seems possible that such a world could have been created by an accident of nature.

20 Relationships like this exist throughout the Kosmos.

21 Consider the size of the universe.

22 It impossible that these miracles occur only on the planet Earth.

23 How many suns with planets can there be in this galaxy,

24 And how many galaxies can there be?

25 How large is this universe?

26 Its size cannot be imagined,

27 Nor can the number of planets capable of supporting life be counted.

28 Yet there are those known in the star constel-





lation such as Orion to have life,

29 And from Rizq the 8th planet in Illyuwn the 19th galaxy,

30 From which I come forth to you,

31 By way of a markabah *"a divine light"*, vehicle also called a sham.

32 There are physical laws that cause the planets to rotate,

33 And to revolve around the sun in certain precise ways.

34 These same kws cause whole solar systems, and

35 Indeed, even galaxies, to hurtle through space at tremendous speeds all in perfect coordination.

36 These laws cannot have accidentally come about without an originating cause.

37 Only a guiding intelligence could be responsible.

38 God is the source. The All is in All. All is not an it, a he or a she, All is. Read the book *Sacred Wisdom of Tehuti* to get a clearer overstanding.

Mind your mind for the **jewels** of your soul

*Scroll Fifteen*

*The Creator*

*(19x10-190)*

Lo! If someone were to ask, why God, The Creator is one,

2 He or she might answer that if there was a creator,

a God for this incident on **Earth,**
3 One could not always design his creation like the **other,**
4 Neither would they go by the same principles.
5 So we have a creator from many creators that gave you **will.**
6 In order for one to preside,
7 It would be necessary for *the* other to **perish.**
8 In this state, or step down of his leadership making him a supreme. The king of kings, the angel over all angels he who appointed the Arch angelic beings, the **Al Malaa'ikat.** God is the Supreme.
9 The will of one or the other must manifest the wishes of both or neither one would not be possible;
10 And this would be a sign of frustration.
11 And obviously God who is responsible for the intricate creation of all things of this cycle of refilling and replenishing the earth is beyond **frustration.**
12 And God is alone in his power, as God.
13 Only The All is the absolute.
14 And all creators are in All.
15 Your Allah, **Rab**
16 **Horus, On,**
**17** Jehovah,
**18** Dios,
**19 Buddah,** Confucius,
20 Brahma,





21 Shiva, Vis**hnu,**
22 **Thehos,**
23 **Tammuz,**
24 **Baal, Adonai,**
25 Om, Osiris,
26 And all the others are in ALL.
27 As it stands, the **uni**verse is a very measured place;
28 Where everything fits **within** its particular pat**tern,**
29 And in the design of **all** things is an obvious **unity.**
30 That could not be possible if more than one Creator took responsibility for all creation. Each **cre**ator is assigned by the ALL to be the Creator, or Creators with one head as the angels with one deity **about** them **all.**
31 For there is **life beyond Earth,**
32 And new forms being discovered every day.
33 In the ***The Noble Koran 2:133,*** it states in part *The Noble Koran 2:133,*
34 Also in ***The Noble Koran 2:163,*** it states
Don't make for him any partners *(Exodus 20:3,* ***The*** *Noble Koran 3:63, 17:111),*
35 Or you say you shall have no other gods before me *(Exodus 20:3, The Noble Koran* ***11:50)***.
36 I am a jealous God *(**Exodus**34:14).*
37 That means there is more than one, and you're not to use but one.
38 If you are a Muslim you use Allah or Rab.
39 If you are a **Hebrew,**

Israelite, or Jew you use Yahweh, Eloheem, Adonai, or Ha-shem.
40 And if you are a Buddhist you use Buddah.
41 As one deity, you are in ALL.
42 All religions and their one god each are in ALL...
43 Therefore, all sincere, spiritual, and righteous people know with strong conviction the creator is power, and has no associates in that power. So, he is called *"The Most Powerful" (The Noble Koran 22:39), "The Most Gracious, The Most Merciful" (The Noble Koran 1:3).* To be the most of anything means there is more than one. According to Muhammadans, they say Allah (God) is the greatest *(The Noble Koran 29:45).* Then he is greater than others like himself.
44 Everything inside of ALL is a servant,
45 Has no equal, no consorts, and no partners.
46 Because ALL is in ALL,
47 You cannot take from it, and you cannot add to it
48 ALL has neither beginning nor end.
49 ALL is.
50 ALL has always existed and will exist. Because ALL is outside of existence. All exist in ALL. The out is outside time, for time exists in ALL. ALL did not begin. ATT. cannot end.
51 God is the beginning





and the ending. The *"alpha and omega" (Revelation 1:8, 1:11, 21:6, 22:13).* If you are the beginning then you have a beginning, and if you are the ending then you have an ending. ATT. is without beginning or ending.
52 The originator of things we see and do not see. The breath that sustains all creation, presence in ALL.
53 God is the only reality, and he too is in ALL.
54 Everything else is merely an illusion.
55 'He is one', has been the cry of every news bearer (prophet),
56 For a human had the tendency to stray from God's guidance, our heavenly father,
57 And seek the protection of those that could neither help nor harm him.
58 The appointed one who appointed, and anointed Jesus the Messiah of the New Testament, Tammuz of Ancient Sumeria, who is Haru (Horus) of ancient Egipt.
59 In the depth of ignoranee and backwardness, people sought help from objects made by their own hands. In Ancient Egipt, Khnum, creator of the ka that yields the ba and akh.
60 A human wanted to reduce The Creator to his or her own level.
61 But how could an object or a human be responsible for all of creation?

62 So to assert that a human was responsible,
63 Or that the universe accidentally came into being,
64 Thrives on the absence oflogic and the abundance of ignorance.
65 God The Fashioner gave electric charge to the protons and electrons,
66 Designed the minute solar system of the atom like the one in which we live,
67 76 trillion years ago,
68 Gave light its speed, (186,272 feet per second),
69 Put a barrier around sound 1100 feet per second,
70 Blessed the sun with enough mass to create the gravitation that keeps the heavenly bodies of this solar system orbiting properly.
71 God is The Fashioner.
72 There's a reason why 75% of the planet earth and 70% of the human body consist of water.
73 The creator put that balance there can you begin to overstand it?
74 When the oceans of the world all come rushing towards the shore,
75 Who synchronizes it?
76 If the world's waterways were to cease moving, how would the fish breathe?
77 God-The Fashioner, started the water moving and it has yet to stop on its journey home. Water is always moving towards





larger masses of water.
78 I could tell you something that would be real fascinating but it is very simple;
79 One thing that's unique:
80 Water is unique.
81 Let me tell you something unique about water.
82 Water is a symbol of personification.
83 It is in the atmosphere; you don't see its water vapor,
84 It goes from what is considered invisible-a vapor,
85 To a liquid,
86 To a solid,
87 To ice,
88 To hot ice,
89 To a gas.
90 Ask yourself what makes up water?
91 You're trying to think of an answer,
92 In order to look like you know something.
93 You forgot, I said I wanted to tell you something.
94 See it is the obvious.
95 The obvious abstract.
96 Water is a symbol of personification.
97 It's unseen.
98 You don't see it.
99 Then there's vapor, steam, condensation, over frozen hot ice.
100 Where did it come from,
101 And where is it going?
102 The mystery of water is that it's always going home-to water!
103 Water never stays any-

where water is not

104 If I put it on the ground it will evaporate or seep into the ground,

105 Seeking out or seeping,

106 It is always going home to water.

107 It is pumping out of a source,

108 Looking for the source of water.

109 Look at it in a test tube.

110 Leave it for a hundred years.

111 It will constantly be on the move,

112 But it will eventually go back home to waterl

113 The molecules turned inside out

114 Thus the restless soul of a human being is fl water.

115 Your brain, the blood, the breathing,

116 The digestive system, the circulatory system,

117 The respiratory system, urine, light, pulse, blood;

118 This is the restlessness of the human being.

119 You see, there's only one real thing in existence, change!

120 And the only thing constantly changing is water.

121 And where is the home of water?

122 I told you at the beginning, home is the vicious cycle.

123 Water is pumping out of a source, looking for the source of waterl





124• You used to know these things.

125 When you had your barathary gland you knew these facts;

126 And this just shows how out of touch you all are.

127 The barathary gland resided inside the hippocampus area of the brain,

128 Which is a cavity of the cerebellum.

129 The cerebellum is located at the lower part of the brain and is attached to the brain stem.

130 The barathary gland has connection with the appendix and the tonsils.

131 The hippocampus is the tissue, which held the barathary gland.

132 When it was once inside Adam's (Kadmon, Zakar), the grandfather of Enos brain,

133 Although conscious perception does not occur in the cerebellum this is the part of the brain that is responsible for hallucinations.

134 Also cerebella reactions are unconscious,

135 Meaning you are unaware that it happened,

136 And that's why even though the barathary gland is missing,

137 Portions of the gland were left on the nerve endings;

138 Because total removal would have damaged the nerve.

139 From the cerebellum.
140 You had seven senses see, feel, hear, taste, smell, clairvoyance, and telepathy. *The Holy Tablets chapter seven, tablet one, verse 10-13: (10) Originally you had what was called Neter ta-ten. (11) The seven senses that could activate seven higher senses. (12) And even higher until you ascend back into divinity, but you are trapped by one sense touch. (13) Which is multiplied by deception to five.*
141 Humans do not have the four higher senses:
142 Mind perception (intuition),
143 Mental communication (telepathy),
144 Object reading (psychometry),
145 And clear sight-see in other dimensions (clairvoyance).
146 But with the removal of your barathary gland you lost access to the Heavenly host, then you became humans or mortals.
147 An Enosite, a "human being" is a forgetful being,
148 Which is what happened when the barathary gland was removed.
149 When you get back your power we have to show you how to use it
150 But we have to control it
151 You have to prove your sincerity before it is returned to you, otherwise you may misuse it.
152 The barathary gland will be reinserted into





those persons worthy of returning home when the Messiah comes for them.
153 August 12, 2003 A.D. to June 26, 2030 A.D. On May 5, 2000 A.D. there was an alignment of the planets in this solar system. And the weather effects were felt the world over *(The Holy Tablets chapter one).*
154 When this gland is reinserted, it will not be in the hippocampus part of the brain this time,
155 But in the lower chin referred to as the submental area meaning the "sub" or "lower" and mental that which reacts with the mind.
156 Remember, Enosite, human beings! God is himself.
157 If he will, he can destroy this entire galaxy in a moment,
158 And if he wills, recreate it in an instant.
159 Nothing is too difficult for him.
160 For this has already happened.
161 An individual should observe and stand awed by the many wonders that God has fashioned;
162 And because the Heavenly host were procreated,
163 He or she has to acknowledge their greatness,
164 A human being has to submit to the supremacy of the ones who procreated them.

165 Final analysis: Sir Isaac Newton, the English Mathematician and Scientist, had a skillful mechanic who made him a miniature replica of this solar system,
166 With balls representing the planets geared together by cogs and belts so as to move in harmony when cranked.
167 Later, Newton was visited by a scientist friend who did not believe in ALL!
168 Their conversation is related in the Minnesota technology:
169 One day, as Newton sat reading in his study, with his mechanism, on a large table near him, his infidel friend stepped in.
170 Scientist that he or she was, he or she recognized at a glance what was before him.
171 Stepping up to it, he or she slowly turned the crank,
172 And with undisguised admiration, watched the heavenly bodies all move in their rektive speed in their orbit.
173 Standing offa few feet he or she exclaimed,
174 *"My!What an exquisite thing this is! Who mads it?"*
175 Without looking up from his book, Newton answered *"Nobody."*
176 Quickly turning to Newton, the infidel said,
177 *"Evidentlyyou did not understand my question.*
178 *"Iasked, who made this?"*





179 Looking now, Newton solemnly assured that nobody made it,
180 But that the aggregation of matter so much admired had just happened to assume the form it was in.
181 But the astonished infidel replied with some heat,
182 *"You must think I am a fool,*
183 *"Of course somebody made it,*
184 *"And he or she is a genius, and I'd like to know who he or she is",*
185 Laying his book aside, Newton arouse and laid a hand on his friend's shoulder,
186 *"This thing is but a weak imitation of a much grander system whose laws, you know,*
187 *"And I am not able to convinceyou that this mere toy is without a designer and maker;*
188 *"Yet youprofess to believe that the original from which the design is taken, has come into being without either designer or maker!"*
189 Now tell me by what sort of reasoning do you reach such an incongruous conclusion?
190 Echo the word of all the news bearers, wisemen (astronomers), sages and saints. La elaha elah bil Kuluwm (nothing would exist except by way of The All!)

Mind your mind for the
jewels of your soul

*Scroll Sixteen*

*Freedom-Reality-Truth*

*(19x5=95)*

**Lo!** In their subtle or pure form, the five basic elements combine in definite proportions to form gross elements.

2 It is these gross elements upon which the existence of the planet earth depends.

3 While this view may not seem to correspond exactly with modem science, by following the essence of the thought behind it,

4 One gains insight into the intricate relationship between matter, the physical plane and spirit, the spiritual plane.

5 According to the doctrine of quintuplicate,

6 And one eighth of each of the four other subtle elements. The plane of force is in manifestation at this level.

7 An example of this can be seen clearly in the chart for gross earth;

8 In which the earth is composed of subtle earth,

9 And one eighth each of subtle ether,

10 Subtle air,

11 Subtle water, and subtle fire,

12 It can be seen that each element when quintuplicated, is not pure,

13 But contains a portion of each of the other elements.

The word quintuplicated as defined by the





American Heritage Dictionary is defined as: *quin·tu·pli·cate (kw◊n-tōō'pl◊-k◊ t, -tyōō'-) adj. /. Multiplied by foe; fivefold, 2. Being the fifth ofa set of five identical copies.* — *quin·tu·pli·caten. 1. One ofa set offiveidentical things. 2. A set of five copies. [Latin quīntus, fifth; see QUINTUPUS + (quadru)plicate.]*

14 Each quintuplicated element produces a special effect according to its predominance.

15 Each contains qualities of the others,

16 And has a particular function in nature and a human being.

17 Further, each of these elements has five properties.

18 These properties are based upon the interaction of the subtle elements within the gross elements,

19 And total twenty-five in number.

20 In order to better overstand this, let us examine the properties associated with quintuplicated ether.

21 The five properties of ether are grief,

22 Desire

23 Anger,

24 Delusion,

25 And fear,

26 Which are all generated in the ether,

27 Which belongs to the space of the heart.

Remember ether is nine to the ninth power of nine. Containing both agreeable

and disagreeable; good and evil. *The Holy Tablets chapter 1, tablet one, verses 16-17* states: *(16) Nine ether is the combination of all existing gases of nature. Nothing anywhere can be as powerful as all existing gases. (17) Therefore, nine ether is the original creator who grew all the universes.*

28 Grief is the chief part of ether and so is happiness,

29 For which grieving the body feels like empty space.

30 Desire is fleeting like the wind,

31 Therefore, it belongs to the part of air found in ether.

32 When anger arises, the body becomes hot.

33 Anger belongs to that part of fire found in quintuplicated ether.

34 Delusions is as pervasive as water

35 And belongs to that portion of water found in ether.

36 Finally, when we are frozen with fear, the body becomes inanimate and statue-like:

37 Thus, fear belongs to the earth principle.

38 The remaining twenty properties can be overstood in a similar manner.

39 Although the emotions are actually attributes of the spiritual body they are treated as if they belong to the physical body,

40 For this is where their influences are directly perceptible.

41 Because the emotions







belong to the ether portion of the quintuplicated elements, they cannot be the self, which breeds selfishness.

42 They are negated and identification with them is not possible.

43 Say, *"I am not these emotions.*

44 *"I am not this body.*

45 *"I am not these actions.*

46 *"I am above, observing, controlling, witnessing."*

47 Abandon the idea of I-ness and my-ness and identify with the imperishable (atom) you,

48 Which is entirely different from the five elements.

49 Which is the knower, seer, and witness of all these products.

50 The physical body is reduced to nothing as it is analyzed and all temporary qualities are removed.

51 It is merely a product of the five elements and there are twenty-five combinations.

52 Modern scientists and doctors only overstand the gross attributes of the body.

53 They five elements and twenty-five properties are mere limiting adjuncts.

54 When the body is stripped of them (Amen),

55 That which remains is you, (or the self, Aten).

56 One must learn not to identify with these quintuplicated elements that make up the five sheaths.

57 The body is fictitious play of illusion and igno-

**rance.**

58 Attachment to it is bondage, accepting the **principle** of see, hear, taste, **smell,** and feel is illusion.

59 There is more to it than that.

60 You must overcome **the** 3 laws of confinement to the spell of ignorance;

61 Person, places and **things.**

62 These three bind your inner self to the outer world.

63 The world that's your bigger body called **ecology.**

64 The surrounding binds the **deity,** you,

65 But what you think you want and **need,**

66 And all you need is to know, you don't need things to be happy.

67 By negating the idea of **possessiveness** and **attachment** to its illusory **qualities,**

68 One can achieve **emancipation,** freedom.

69 Ignorance is **responsible** for all **misunderstanding**

70 And for all **dissension.**

71 Only true spiritual aspirants can transcend it by long, hard discipline

72 And by **practice.**

73 Because of ignorance the common human being could not **overstand**

74 *"You shall know the **truth** and the truth shall **make you** free (John 8:32)."*

75 When you hear the statement

76 *"I and **my** father are **one...**" (John 10:30),*





77 It meant by **eliminating** body, name,

78 And external **qualifications,**

79 We would eventually merge with the source,

80 From which we came, ALL.

81 For if you look at what is called your five senses, which are:

82 See, hear, taste, smell and feel, you eliminate most by a good look at them.

83 To taste, things must touch your taste buds.

84 To smell, things must touch your olfactory nerve in your upper passage of your nose.

85 To see, light must touch the optic nerve.

86 To hear, sound waves must touch the auditory nerve, to **feel,** is to touch the nerve fibers,

87 Which carry them as impulses to your spinal **cord,** then to your brain.

88 So you **see,** five becomes **one.**

89 You can become one thing.

90 Places are things and things exists.

91 And existence must be felt

92 The seventh plane, is the doorway to the **all,**

93 The highest plane.

94 Many assumed that these words applied only to Jesus the **Messiah,** and not to themselves.

95 Very few **overstood** his meaning.

Mind your **mind** for the jewels of your soul

*Scroll Seventeen*

***That Thou Art***

*(19x4=76)*

**Lo!** Oh, ye homo sapien, bless children of God, don't **thou knowest** that a word and its meaning are linked by a thought wave.
2 When the word "fire" is pronounced, the corre-**sponding** mind wave is energized and there is visualization of the con-**cept.**
3 The reverse also takes pkce. When one sees a fire, the mental image gives rise to the **correspon-ding** verbal utterance, "fire".
4 This relationship between word and meaning can be simple or complex.
5 It is simple when it generates the words primary meaning.
6 *"Thesun is hot."*
7 If a child is asked **to** draw a **leaf,** he or she copies it from nature,
8 But an artist **will** draw it **indirectly.**
9 There are **indirect relationships** between words and **meanings.**
10 In the **statement,** "it is hot today," the implied meaning is that the sun is hot.
11 Sometimes the dkect **meaning** of a word is **dispensed** with,
12 And only the implied





meaning is taken into account.
13 The statement, **"The** house is on the river" does not mean that there is a house on the surface of the river,
14 But on the bank of the river.
15 The dkect meaning of a flowing river is discarded.
16 And the implied meaning "on the bank" is sub-**stituted.**
17 Although the river and its bank are quite different things,
18 One being water and the other planet Earth.
19 There is a spatial prox-**imity** that created a **rela-tionship.**
20 The implied meaning is based on the dkect mean-**ing,**
21 Which is then discard-**ed,**
22 sometimes both the dkect and implied meaning are operative.
23 Imagine if a human being is at a horse show and asked,
24 *"Which horse isjumping?"*
25 He or she might receive the reply, *"the white one is jumping."*
26 A colour cannot jump,
27 However in this case, the dkect meaning **"white"** refers to the implied **mean-ing** "horse,"
28 Both of which are **rele-vant** to the **sentence.**
29 The whole is **under-stood** to mean the white horse is jumping.
30 Sometimes a portion of

the direct meaning is retained and a portion is discarded.

31 Assume mat ten years ago a certain singer named Billy Paul lived in Philadelphia,

32 And was last seen by a friend at Radio City Music Hall.

33 Now imagine that this same friend sees him years later as a wino in Atlanta, Georgia.

34 He says, "this is that same, Billy Paul."

35 There is a certain discrepancy in this statement, for the word "this" refers to the singer Billy Paul as he was known before.

36 It is associated with the idea of a successful professional person,

37 Dressed in a suit and separated in time and space by ten years and one thousand miles.

38 Certain elements are contradictory and must be eliminated.

39 A successful singer is not an unemployed wino.

40 Atlanta, Georgia is not Philadelphia, Pennsylvania

41 And the streets of Atlanta, Georgia are not Radio City Music Hall, which is in New York Qty.

42 Also, the period of ten years cannot be equated with the time at which the statement was made.

43 In the statement *"This is that Billy Paul"*, only a portion of this direct meaning of "this" and "that" is retained.





44 The contradictory factors of time, space and external appearance are eliminated

45 While Billy Paul himself, the person, remains.

46 It is only the idea of a Mr. Billy Paul free of impermanent qualities that is non-contradictory.

47 Only after the mind had gone through this complicated process, which it does in a flash, can "this Billy Paul" be identified with "that Billy Paul."

48 After "this Billy Paul" identifies with "that Billy Paul",

49 After the opposing associations of name and form have been set aside, this is what remains.

50 Billy Paul, the person common to both, stands as the implied meaning.

51 "That thou art" can be overstood only in light of this kind of reasoning.

52 "That thou art" does not refer to the direct meaning of the body,

53 Name,

54 Form,

55 Clothes,

56 Location,

57 Status, time and pkce are eliminated.

58 Note: even benevolence, agreeableness, ot goodness is binding.

59 Chains may be made of gold or iron,

60 Nonetheless they are chains.

61 Most people misunderstood the body to their self.

62 They cannot **overstand** "that **thou art,"**
63 Because they kck the patience to consider deeply the significance of the words.
64 Words are double-edged weapons.
65 If misunderstood, they will be detrimental to one's progress;
66 Properly overstood they can carry one across **the** depth of ignorance.
67 The significance of "that thou **art"** can be grasped only after **long,**
68 Detailed and careful consideration.
69 Then it will be apparent that a human being was made in the creator's image,
70 It does not merely mean that God resembles a human **being,**
71 For he also created the animal, birds, fish in whose image are they?
72 Being men was the only thing created that was not called **good,**
73 And the God saw **that, light,** day, shadow hour, sea, animals were all good, but not man. Why, if he is in God's image and **like**-ness; why is it not said of this creation?
74 And God saw that it was good, because it was not created good. You must become good.
75 But also, one must look into a human being and realize the Creator's nature is enshrined therein.
76 The body is a Temple.





The **head,** the dome, the **heart, the** altar, the emotions, **the** religion, the **soul, the** preacher of the word of God. You should be a word of **truth,** an abode of health and happiness.

Mind your mind for the **jewels of your soul**

*Scroll Eighteen*

*Love*

*(19x2=38)*

**Lo!** My child, true religion consists of more **than ritualistic** observances, baths and pilgrimages, but in l o v i n g .
2 **Kosmic** love, all **embrac**ing and **all** inclusive.
3 In the presence of pure Jove all distinctions and differences,
4 As **well** as all hatred, racism, **jealousy,** egoism are dispelled just as **dirti**ness is dispelled by **cleanli**ness.
5 There is no knowledge higher than **love.**
6 There is no treasure higher than love, because love is truth, love is God.
7 One must strive to convert ones emotion into unconditional love for **God,**
8 Which is neither binding nor **selfish.**
9 The emotions, when channeled properly can be used t o attain freedom.
10 One should transmute the lower emotions into unconditional emotions.
11 Emotions are weaknesses,
12 And must not be **equat**-

ed with divine **love,**
13 Which manifests as peace and joy.
**14** The lower emotions are not suppressed,
15 However, but are utilized and sublimated.
**16** Without emotions there is no love,
17 And without love one cannot approach that infinite love that is.
18 A child of God recognizes that both love and hate are the two most powerful driving forces in life.
19 Both emotions are healthy and essential to life,
20 And to possess only one love or hate
21 And be deprived of the other is to be crippled as a bkd with only one **wing;**
22 But to hate another human being is to hate yourself, and that too is fair; for there are times when you hate what you have done or done things you hate to do.
23 A child of God realizes that both love and **hate,** in order to be constructive, must be directed in the proper channels
24 And to do otherwise is destructive and **suicidal.**
25 I love **peace,**
**26 I** hate war.
**27 I** love **happiness,**
28 I hate sadness.
29 I love those who hate me.
30 A child of God **there**fore makes a careful distinction between his or her





loved **ones,**
31 And his or her enemies.
32 Through the higher emotions the devotee reacts out of the divine,
33 With purification the receptive heart receives the continual flow of divine love.
34 The barrier between the individual souls and supreme soul is the ego, the ever present enemy.
35 It manifest as a feeling of **separateness.**
36 Through purification one does away with this feeling of **separation,**
37 For in the ecstasy of pure love and devotion,
38 The consciousness of the individual self is lost.

Mind your mind for the **jewels** of your **soul**

*Scroll Nineteen*

*The Mind*

*(19x11=209)*

**Lo!** Oh Children of God, I am now about to take you on a journey of **overstand**ing, one of the best gifts that has been given to your specie,
2 And that is the mind.
3 The mind is neither **visible** nor tangible.
4 It exists not in the physical body as does the brain,
5 But in the spiritual place, or what is called the mental plane.
6 Its magnitude cannot be measured,
8 For it carries all feelings, ideas and impressions

from this life,
9 As well as intuitive
knowledge of what is to
come.
10 It is the mind that must
be corralled and controlled
in order to achieve that
true peace of union.
11 The mind acts jusdy to
its desires
12 And does not care
about consequence.
13 It thinks of some pleas-
ant looking or pleasant
tasting food,
14 And must have some.
15 When warned of the
poisons it contains,
16 The reaction is to disre-
gard the warning find
some excuse, and eat it
anyway.
17 However, the self, pure
consciousness, which is
beyond the mind,
18 Which *is* read from the
mental, is the witness of all
that is perceived, the plane
of math and about it, the
plane of reality.
19 But it neither acts nor
reacts,
20 For all action and reac-
tion takes place in the
mind, which received its
information from the
mental reservoir,
21 Appearing and arriving
as thought waves to the
mind (*The Holy Tablets chap-
ter seven).*
22 Thought, the most
powerful force in the uni-
verse, initiates all action in
the brain,
23 Activity carried out on
the physical plane, in
which ye abide, is only a





mirror of the inner work-
ings of the mind.
24 That which is assumed
to be reality,
25 The physical environ-
ment in which each person
lives,
26 Is only a projection of
the mind.
27 In truth, when the
many mental modifica-
tions, are resisted,
28 One is no longer affect-
ed by the comings and
goings of the world,
29 And self shines forth in
undisturbedpurity.
30 When the thought
waves are still, the perceiv-
er rests in his or her own
true nature.
31 That state of pure con-
sciousness is achieved
when the mind is no
longer modified by the
activities of thought
waves.
32 When the waves of a
lake are stilled, one can see
the bottom clearly.
33 Likewise, when the
thought waves of the mind
subside, one's essential
nature becomes evident
34 With the surrender of
the ego the individual
becomes an instrument in
the hands of
35 God.
36 He or she takes neither
credit nor blame for his or
her actions,
37 For God does the
action.
38 The devotee thinks of
nothing but God.
39 God is his or her con-
stant thought wave,

40 And fills every mental space.
41 Control of the mind,
42 And annihilation of the ego is the essence of all spiritual disciplines,
43 Including emotional ones.
44 Even on an essentially, emotional path, the intellect must not be neglected.
45 If it is disregarded one can degenerate in fanaticism.
46 On the other hand, if it is transcended the devotees experiences, the highest state of supreme devotional ecstasy.
47 Your motivation should be the simple desire to love to serve God.
48 Only with this attitude will the ego disappear.
49 One cannot attain liberation until all desires, including spiritual desire itself have been burned.
50 Pure peace is devoid of deske, ignorance and emotions.
Desire
Ignorance
Emotion
D I **E=Death!**
51 Pure love is love untied by lust, and it is difficult to develop,
52 Encompassing a pure desire to touch and embrace his or her physical and astral form.
53 This is encountered frequently in the poetry and writings of the *Ancient Egiptian Order & Arab Nobles of the Mystic Shrine.*
54 If one human being





calls another a fool,
55 It is only a verbalization,
56 A vibration in the air.
57 But what a thundering thought wave it creates.
58 One simple unreal word wreaks havoc;
59 Throwing the physical and emotional bodies into chaos,
60 Destroying all happiness and peace.
61 One is not a fool because he or she is called a fool.
62 If a person were called a donkey, he or she would not grow longer ears and a tail.
63 Yet, it is not unusual for people to react in anger to such a statement,
64 And in the process, actually give validity to them.
65 The mind attributes meaning to words by which tie delicate degree of difference of the words are perceived by any of the senses,
66 Or by the mind, giving them a false reality.
67 Such reactions to meaningless vibrations is the cause of countless human troubles.
68 Overreaction to words and jumping to conclusions are weaknesses of the mind.
69 The thought waves must be restrained at all times.
70 One must be particularly wary of praise,
71 for this too is verbal

delusion,
72 And the ego is ever ready to pounce on any opportunity to see itself as better or different from others.
73 Not everyone is going to feel the same way as one who bestows a compliment.
74 Inevitably the pendulum swings in the other direction,
75 And criticism will be heard sooner or kter.
76 But true happiness should not rest on praise or abuse,
77 For in all conditions, your true essence is beyond qualities and beyond change.
78 Just as water may become steam or ice it still retains its underlying essence.
79 The weaker a person is the less restrains he or she has over essence.
80 The mind is not concentrated,
81 The perceiver identifies with its modification,
82 Then thought waves arise;
83 There is the immediate tendency to identify with.
84 The thought waves spawn a host of others.
85 The mind is a skve to its preoccupations
86 Identifying with the same problem wherever it is.
87 The thought waves give rise to countless others,
88 All in search of happiness.





89 But in fact, it is only foolishness, for the very rising of the thoughts themselves destroys the peace that the mind craves.
90 There are five types of thought waves.
91 Some of which are painful and some which are not.
92 The five kinds of thought waves are:
93 Right Knowledge
94 Erroneous overstanding,
95 Verbal delusion
**96 Sleep,**
97 Memory,
98 Correct perception,
99 Interference,
100 And competent testimony are proofs of correct knowledge.
101 Right Knowledge, that is knowledge based on facts, can be proven in three ways;
102 But none of the proofs may contradict one another.
103 Examine yourself the next time that you are angry or miserable.
104 Reason it out, and note the modification of the mind.
105 Gaining freedom from verbal delusion is essential for strengthening the mind.
**106 This is the wisdom!**
107 I am a student of a great teacher.
108 Alright put this in your heart.
109 It is wisdom that I give to you.
110 I am a student of a

great teacher.
111 I walk with the teacher.
112 I talk with the teacher.
113 I learn from the teacher.
114 And of course I learn to love the teacher.
115 Eventually an enemy comes and kills the teacher.
116 And it transforms me from a student to revengeful man, and I get a new attribute.
117 And I want revenge on the man or woman or thing that killed my teacher.
118 And I am set out on a journey throughout the world, seeking out the man who killed my teacher.
119 And I'm motivated by that purpose.
120 I'm going to kill the man because he or she killed my teacher.
121 That's why I'm doing it.
122 I'm not a killer by nature.
123 I made myself a killer, and I have a justified reason now.
124 I'm going to kill this man.
125 Why will you kill this man?
126 Because he or she killed my teacher, and that is my reason.
127 That's my sole reason.
128 So after long hunts and travels, pursuits, I finally comer this man.
129 You follow me?
130 And I look him





straight in his eyes as I take out my sword.
131 The man has terror in his eyes because he knows how close he is to death.
132 And I raise the sword, and I get the satisfaction of being able to end this quest,
133 And relieve myself of this anger towards this man or woman who killed my teacher,
134 And that is the reason why I'm going to kill this man or woman.
135 That is the only reason,
136 Can you overstand that?
137 The man, in fright and terror hocks and spits in my face.
138 What do I do now?
139 Should I walk away?
140 If so should you say, "I pursued this man for thirty years, and I finally got him cornered."
141 The man who killed my teacher.
142 He cut off my source of divinity or my connection with the divine,
143 And I want to kill him for that purpose.
144 For that purpose only, because he or she has interfered with my journey.
145 What do I do when he or she hocks and spits in my face?
146 Do you say, *"thank you?"*
147 Yes, you say *"thank you."*
148 Why do I thank him

or her?
149 Because you have another reason to kill him.
150 And if you kill him on behalf of yourself and not your teacher you will be a killer and not an avenger.
151 That's a thought.
152 You have another reason to kill him or her.
153 Something made you realize that it's stupid chasing him or,
154 To kill him or her just for spitting in your face.
155 How did he or she make you realize that it's stupid?
156 What do you do when this man hocks and spits in your face now?
157 You've already got your sword out;
158 Ready to chop his or her head off because he or she killed your teacher,
159 Because he or she cut off your source of divinity.
160 Now he or she has the audacity to spit in your face?
161 Do you kill him?
162 Why would you kill him.
163 Why wouldn't you walk away?
164 I would walk away.
165 Walking away would be right,
166 But you don't know I why you are right and that I makes it wrong.
167 You are right.
168 Just say *"I walk away."* \
169 I took my sword and put it away, and I turned around and walked away.
170 And that's right.





171 But you have to know why you're right otherwise it is wrong.
172 The reason why it's right is because
173 My reason for pursuing this man or woman all of these years
174 Is because he or she killed my teacher.
175 Not because he or she spit in my face.
176 I would have to leave this man or woman and go back to where I started, regroup the reasoning,
177 And now pursue him because he or she spat in my face.
178 Otherwise if I kill him or her, I become a killer for the wrong reasons.
179 Thus, my justifications defeat themselves.
180 The wisdom is a holy human being was once insulted in front of his or her disciple,
181 By a non-believer who spat upon his face several times.
182 Not one muscle twitched,
183 Nor did his calm facial expression change,
184 Because he did not identify with his physical sheath.
185 His mind was centered in God.
186 Can you imagine the strength of that mind?
187 No matter what was done to him,
188 He responded with one thought,
189 That of pure love.
190 A true child of God

will not react in anger
191 For to him insult and praise are the same.
192 Restraint of thought waves does not mean suppression.
193 Suppression jams up violent emotions
194 For various reasons, people abuse,
195 Suppressing anger,
196 Or pain
197 By smiling,
198 And carrying a stiff upper lip.
199 The restrained thought waves must be given an outlet.
200 They must be sublimated,
201 and channeled into,
202 Such uplifting activities,
203 As chanting,
204 Repetition,
205 Exercise,
206 Singing,
207 And meditation,
208 On opposite,
209 And positive thoughts.

Mind your mind for the jewels of your soul

## *Scroll Twenty*

*Exchange anger for love and sorrow for joy (19x2=38)*

Lo! A change in character occurs only through formation of new habits.
2 Control can be gained by non-attachment or by eliminating emotional reactions to situations and individuals.
3 Non-attachment does





not mean that there should not be love or compassion,
4 But rather that emotional thought waves are ignored.
5 The thought waves may arise, but they are observed in a disinterested fashion,
6 Then put aside.
7 Non-attachment is a state of mind.
8 It is indifference of objects of the world.
9 It involves being unaffected by the pull of likes and dislikes.
10 Whenever the mind acquires a taste for a particular sensation or pleasure, it becomes attached to it
11 The mind recalls the experience and desires repetition of it.
12 It is this craving that creates pain.
13 Non-attachment does not necessarily mean the cessation of life in society.
14 It involves separating oneself from the binding emotions of that life.
15 Renunciation is a great aid to the attainment of non-attachment.
16 By giving up objects of the senses,
17 The mind is quickly stilled.
18 But, it is best to remember that non-attachment is not synonymous with not having.
19 One can own nothing and yet be full of desires.
20 If a person is fond of cherry ice cream,

21 Binding his or her hands,
22 And taping his or her mouth will not keep his or her mind from dwelling on this treat
23 The basis of non-attachment is the internal **realization** of the **worthlessness** of the external world.
24 Objects and desires then automatically fall away.
25 But renunciation does not mean running away from society,
26 Duties,
27 And responsibilities,
28 As is sometimes assumed.
29 It means carrying on with one's duties in a dispassionate,
30 Unattached way,
31 The more you want, the least you get
32 Those that must have are never really satisfied.
33 Desire is the lead to suffering.
34 Take less and don't be obligated.
35 Care for your mate however, not to the point where you're a pain to love and hard to live with.
36 Things will happen with or without you, so you don't have to be a part of it all.
37 That does not mean don't be a part Just don't have to be a part.
38 This world is temporary. Don't need it, or you will be bound to it all and it never really gives.





Mind your mind for the **jewels** of **your soul**

*Scroll Twenty-One*
*Power, Knowledge and Control*
*(19x1=19)*

Lo! Humans, knowledge of something not only gives control over it, but over those who have no knowledge of it.
2 One buys a certain brand of toothpaste in preference to another out of ignorance.
3 The advertisers know human weakness.
4 They claim that one brand has more sex appeal than another,
5 And thus play on the weakness of the mind.
6 Everybody manipulates power in this way.
7 Politicians concentrate their energies on outwitting each other and the public.
8 They come up with such slogans as "law and order" and "peace with honor,"
9 And bombard the public with their energy in order to control the mass mind.
10 Some yogis and swamis use such simple, silly tricks and devices,
11 As tiger skins to capture one's imagination,
12 And hence the mind.
13 If the mind can be tricked,
14 It can be controlled.
15 Laboratory experimentation is; in effect scientific meditation.
16 When the scientist dis-

covers what has caused a certain mysterious disease,
17 He or she will then have a basis for a cure.
18 There are principalities in high places trying to discover the secrets of nature *(Ephesians 6:12)*,
19 In order to manipulate and control nature's energies.

Mind your mind for the jewels of your soul

*Scroll Twenty-Two*
*Purification and Spiritual Practice*
*(19x9=171)*

Lo! Children of God, I am about to take you on a journey to learning the importance of purification,
2 And spiritual practice.
3 ye must always remember that ye shall always take care of your spirits,
4 And the first step is to take care of your physical body,
5 Which houses the spirit.
6 Three basic steps involved in spiritual practice are:
7 Severely simple living,
8 Self-study
9 Surrender to God.
10 Austerity does not mean physical abuse or severe rigors.
11 It refers to strict control for the senses in order to conserve energy for higher pursuits.
12 Austerity in this sense means fasting occasionally,
13 Rise earlier, instead of sleeping late,





14 And reducing certain physical comforts for the sake of greater control of the mind.
15 What keeps the mind flowing in the desired direction?
16 Surrendering to God's will.
17 One also surrenders the fruits of work performed.
18 This is selfless where one regards oneself as the instrument of God,
19 And serves humanity with no thought of either credit or blame. God does not work for you, he works with you.
20 Ignorance is the lack of awareness of reality. You can't really ignore a talking and moving person.
21 It is identification with the temporal world rather than with the imperishable self.
22 Egoism is the "I-ness and my-ness,"
23 Which creates the illusion that the physical body is the real you.
24 "Likes/dislikes" when a person is swayed by feelings of attraction and aversion
25 He or she is identifying with the material world,
26 And setting him or herself up for the pain of loss and disappointment.
27 Fear of death, or clinging to life, is binding and stiffening.
28 None can say when death will come.
29 Fear of death is useless imagination,

30 A waste of energy,
31 And creates waves of pain,
32 Which exist only in the mind.
33 Ignorance is the cause of the above-mentioned afflictions,
34 Which follow it,
35 Whether they be latent,
36 Weak,
37 Suppressed,
38 Or aggravated.
39 The suffering that comes from egoism,
40 Attractions,
41 Repulsion,
42 And fear of death all stem from ignorance,
43 Regardless of the degree to which they manifest.
44 As the root of the other obstacles, ignorance of the true nature of the self is identification with the body and mind.
45 When ignorance is replaced by enlightenment,
46 All other causes of pain automatically disappears.
47 When in a state of ignorance, a human being mistakes what is mundane, for what is supreme;
48 He or she cannot differentiate between that which will bring pain to the mind and body
49 And that which will bring immortality,
50 Egoism is manifest when the individual cannot distinguish his or her self from his or her senses and mind.
51 He or she sees him or herself as separate from





the rest of the human race,
52 Reacting to others with a sense of competition rather than cooperation.
53 Attraction is that which dwells on pleasure.
54 Most think of attraction and pleasure as positive things,
55 But when associated with objects of the material world they inevitably bring pain.
56 Nothing in the physical world is permanent;
57 Hence the constant fear of loss,
58 And loss itself keeps those seeking pleasure in an unhappy state.
59 This is why the spiritual person learns to cultivate a dislike for worldly pleasures.
60 He or she is never disappointed or unhappy.
61 The result, ironically, is that by not seeking pleasure he or she is always happy.
62 Just as attraction brings pain, so does aversion.
63 The mental attitude of aversion is a negative one,
64 And often make a neutral situation appear as if it were one to be avoided.
65 It is not possible to avoid all distasteful circumstances.
66 When there are likes and dislikes, a person cannot be happy.
67 He or she is dwelling on illusory pairs- of opposites,
68 Rather than learning to be content in all situations,
69 And surrendering to

God's plan for his or her growth.
70 Fear of death is the continuous desire to live, which is rooted even in the minds of the wise.
71 The fear of death is the fear of loss of identity,
72 Of letting go of the ego,
73 Even when all else is given up, there is still the clinging to life.
74 When these various afflictions are a minor distraction to the aspirant;
75 They can be merged back into their cause by substituting the opposite mental modifications.
76 For example, if egotistical thoughts arise, they can be combated by focusing on the all and you being a part of a greater love.
77 If feelings of attraction or avoidance enter the mind, then contentment or acceptance can be substituted.
78 If the afflictions are overt and a great distraction to the mind, they can be alleviated through regular meditation and prayer.
79 The law of fate states that every action brings about an equal and opposite reaction.
80 Whatever is done to others will return to the doer. Most people are continually creating new fatal situations.
81 This is due to ignorance and its accompanying afflictions.
82 Before final emancipation, all debts of fate must







be worked out,
83 Whether one decides to do so in the present life a form of hell or on the lower planes,
84 Which are referred to as hell.
85 Each must reap what he or she sows.
86 Various life experiences are due to the situations of fate that has earned him or her by his or her thoughts, words, and deeds.
87 They have pleasure or pain as their fruit,
88 according to whether there is virtue or vice.
89 Overstanding this, the spiritual person strives to do only agreeable actions,
90 And to accept peacefully the ill that comes his or her way;
91 So that all his or her seed of fate are burned,
92 And no new ones are sown.
93 Violence to others whether in thought word, or deed, must be avoided.
94 Non-injury means more than refraining from inflicting physical pain.
95 Mental pain can be far more devastating.
96 When one is established in complete harmlessness, even wild animals will approach in peace.
97 The function of truth is to maintain harmony through trust.
98 It is better to be silent than to tell a truth that will cause pain or that springs from a wrong motive.
99 A truthful person has

power, for what he or she says comes to pass,
100 And his or her words becomes law.
101 Cleanliness also extends to the mind.
102 Only when the mind is purified of all tilings can it be a pure mirror for clear reflections.
103 Laughter comes from stimulation,
104 But a smile comes from inner peacefulness,
105 Satisfied with itself, the mind needs nothing else for its contentment,
106 Which grows in proportion to awareness of the inner self.
107 The mind should not be affected by external objects.
108 They may be possessed, but with detachment.
109 Do not let them possess the mind.
110 Austerity means curtailing the insatiable demands of the senses.
111 Drink water instead of bad drinks.
112 Practice silence instead of talking loud.
113 Control greed.
114 Counteract sleep by getting up early.
115 When the mind learns that its demand for pleasure will not be met through the senses,
116 It stops its useless wandering and turns inward.
117 Control of the senses clears the way for such powers as telepathy and





clairvoyance.
118 Study of spiritual works and the holy tablets help to keep a person on the right path.
119 The book alone, however, can only take one so far,
120 And can lead to intellectual pride.
121 Surrender to the will of God is necessary for ultimately everything depend upon his grace.
122 when negative or harmful thoughts disturb the mind,
123 They can be overcome by constant pondering over their opposites.
124 One must be ever alert, always watching the mind.
125 When useless thought waves arise, immediately replace them with positive thoughts,
126 Thus creating new mental habits that are conducive to spiritual growth.
127 Negative thoughts and emotions,
128 Such as violence,
129 Whether committed,
139 Whatever the degree of involvement, fate is still incurred.
140 This is why it is necessary to substitute positive subliminal thoughts the moment negative ones are caught arising in the mind.
141 One who is firmly rooted in non-violence radiates this conviction to others.
142 He or she is so powerful that not even violent

thoughts can exist in his or her presence.

143 The more a spiritual person flees from material objects,

144 The more they seem to come to them.

145 The purpose of this natural law is two-fold.

146 The first is so that he or she may be tested and confirmed in his or her renunciation.

147 The second is so that he or she, as a wise person, may appropriately dispense the wealth to benefit another human.

148 A human being is ever searching for happiness in external objects,

149 But it can only be attained when the mind is satisfied with what has been allotted and is no longer looking.

150 When the mind is stilled and contended, happiness is automatic.

151 When austerities, self-imposed disciplines, are practiced,

152 Great will is developed,

153 And the abilities of his or her physical body and senses are extended beyond what is considered normal.

154 Only by surrendering one's will, one's ego, one's life, to God is the superconscious state attained.

155 The reality of an object is due to the uniqueness of change.

156 Each object on the material plane can be iden-





tified and called a reality;

157 Because it is made up of its own unique combination of the three colours-red, yellow and blue.

158 An object is not dependent on one's mind;

159 For it still exists whether or not it is perceived by that mind.

160 The soul absorbs all of the changes through which the mind goes because it is the external witness.

161 All true knowledge exists permanently in the self,

162 While the mind is constantly being modified by thought waves.

163 The mind is something that can be observed as an object,

164 And not the source of knowledge just as Kingu,

165 Also called Sheshqi, and Lunar, which ye call the moon; is not a source of light but a reflection of the sun.

166 It cannot perceive two things at once.

167 Even though thoughts are formed in a split second,

169 So it is impossible for the mind to perceive itself while it perceives something else.

170 If one mind could perceive another,

171 then there would be cognition (awareness) of cognition, as well as confusion of memory.

Mind your mind for the

**jewels of your soul**

*Scroll Twenty-Three*
*About the Mind*
*(19x4=76)*

**Lo!** The mind can neither perceive itself, nor perceive another mind,
2 For if this were the case there would be complete confusion of the knowledge,
3 And memory of the different minds. The mind is but an instrument
4 All knowledge comes from beyond it,
5 From the mental.
6 Knowledge of itself comes through the self-cognition, which occurs when the mind is stilled,
7 The explanations that the mind cannot perceive itself.
8 The mind is stilled and allowed perception of itself through the right knowledge gained by the self is then also known by the mind.
9 Then does the mind have full knowledge.
10 Obviously then, it is not intellectualization but i meditation that brings self-knowledge.
11 Mind, through filled with innumerable tendencies and desire,
12 Acts for the self,
13 For they act in conjunction.
14 Mind is directly associated with the self, so, it acts for the self,
15 While it is still full of







worldly thoughts.
16 Through discrimination, one can clearly overstand that the soul and mind are not the same.
17 The world is full of avarice,
18 Hypocrisy,
19 Flattery,
20 Untruth,
21 Double-dealing,
22 And selfishness,
**23 And those who profess to be friends are often one's greatest enemies.**
**24 Beware of self-proclaimed friends who** came for money and other comforts,
25 When circumstances are affluent,
26 Then disappear when the tide has turned.
27 These fair-weather friends give their own brand of advice,
28 Waste precious time in useless chatter,
29 And pull one off the spiritual path and down to their own level.
30 Of course, most people do not like to think that this is true.
31 Most would Eke to feel that their relationship is based on the fear of being alone and the desire for diversion.
32 One should cut off connections that are not beneficial and trust only the inner voice that dwells in one's heart.
33 Associate only with rnose own aspirations for perfections are uplifting

and encouraging.

34 Useless talking and excessive debating should also be eliminated.

35 Diarrhea of the tongue wastes much energy that could be utilized for personal development

36 Too much talking makes a person restless.

37 And like a tape recorder cannot record and pky at the same time,

38 A person cannot talk and learn at the same time,

39 The wise speak only a few words, and then only when necessary,

40 For by their very economy they will carry the most force.

41 To help calm, center and discipline the mind,

42 Silence can be observed for about two hours____, in addition to the time spent in meditation.

43 In order to be of the most practical value,

44 Silence is best practiced at those times when there is the most opportunity to talk.

45 People of an intellectual nature are often prone to unnecessary decisions and controversies.

46 A person who is unable to remain quiet easily becomes involved in heated debates,

47 Too many of which lead to enmity, hostility and energy drain.

48 When intellectual reasoning,

49 Which is normally concerned only with investiga-





tion of the physical plane, is used for metaphysical inquiry,

50 It can lead the student to the threshold of intuition.

51 Past this point, however, it is of no use of transcendental matters,

52 And are beyond the reach of reason.

53 One must give up arguing,

54 Become silent and look within.

55 Fault-finding is likewise, a most detrimental habit

56 The mind of the person who is always poking his or her nose into the affairs of others is always outgoing and out of control.

57 No one can be introspective when the mind is engaged in activity of this sort.

58 Diligent applications to spiritual practice allow no time for managing the affairs of others.

59 Forget the shortcomings of other people, and work to improve yourself first

60 Life is precious and short.

61 No one knows when it will be taken away.

62 Every minute should be used for much higher purposes other than gossiping, and judging others.

63 Self-justification is another behavioral weakness to be overcome,

64 Along with its associated characteristics,

65 Self-assertion, obstinacy, dissimulation and lying.
66 Once these weaknesses become established in the framework of the personality,
67 It is very difficult to eliminate them,
68 For the ego never admits to its own faults.
69 One lie covers another, an endless succession of vain attempts at self-justification.
70 Improvements come quickly,
71 And rapidly only when one leams to readily admit his or her faults,
72 Mistakes and weaknesses.
73 To have a petty-mind is closely associated with backbiting and trying to pull down other people,
74 All are caused by jealousy and ignorance.
75 This can easily be combated and eradicated,
76 By always rejoicing in the welfare of others.

Mind your mind for the
jewels of your soul

*Scroll Twenty-Four*
*Uprooting Ego*
*(19x3=57)*

Lo! In scroll two, I have brought to your attention the knowledge on what ye all carry within your personality,
2 And that is the ego.
3 Now I must teach you how to uproot the ego.
4 It must be evident by





now that righteous,
5 Being a Child of God,
6 Meditating, being saved,
7 Or being religious entails far more than just making a claim,
8 Sitting with eyes closed, and legs crossed, saying,
9 *"I'm God."* or lip confessions.
10 It demands rigorous introspection and an overhauling of one's personality.
11 Life patterns and values.
12 Behavioural corrections and the uprooting of weaknesses are relatively easy adjustments to make.
13 The more obstacles, which lie deep within,
14 the emotional imbalances and personality defects that nurture outward malevolent, disagreeable habits.
15 The petty obstinate egoism behind the mask of the human personality is one of the biggest hurdles to overcome,
16 For it veils the light within,
17 Supports surface thoughts,
18 And perpetrates its own habitual feelings and actions.
19 This lower self-arrogant nature must be whittled down,
20 For if it persists in retaining its limited, false values.
21 No amount of spiritual practice will bear fruit
22 Too often people pro-

fess of being righteous,
23 Yet they are unwilling to eradicate the lower nature, and change the old habits,
24 Clinging to them they refuse even to admit the need for change.
25 This type of individual will never make any real progress,
26 For without radical transformation of the lower nature one goes nowhere.
27 It is not easy to change deeply ingrained habits,
28 And the sincere person who is just attempting to change often feels helpless against them.
29 By regular spiritual practice,
30 Untiring selfless service,
31 Association with spirttually minded people,
32 And strong determination to eradicate egoism a powerful but selfless will is developed.
33 One must introspect and discover all weakness and defects.
34 The transmitting of lower nature to higher nature demands full and heartfelt dedication.
35 Sometimes the old personality attempts to reestablish itself
36 Even after years of purifying.
37 Obstinately self-assertive,
38 And self supportive by the lower mind and will,
39 It can make the aspirant





incorrigible,
40 Unruly arrogant and impertinent.
41 identifying with the ego, he or she breaks all the rules and disciplines,
42 revolts against all things,
43 and all is ever ready to fight with those who are unwilling to respect his or her views and opinions.
44 Wallowing in self-justification, and denying faults and defect,
45 The person may be unaware of the effects of his or her actions,
46 For the intellect had been clouded by impurities,
47 not knowing what he or she means and not meaning what he or she says.
48 He or she is too self-willed and self-satisfied to see the error of his or her ways.
49 One who is not straight forward, and cannot keep discipline, or open his or her heart to others cannot be helped by any teacher.
50 Nothing can help one who deliberately shuts his or her eyes against the truth.
51 Such a person, instead of making progress along life's path, remains stuck in the mirror of his or her own creation.
52 If there is any recognition that something is wrong,
53 The slightest attempt to improve,
54 Or even a slightly

receptive attitude,
55 Then the errors can be corrected.
56 One who is frank with his or her teacher and him or herself, begins to realize the nature and source of his or her defects;
57 He or she is soon on the way to improving his or her life.

**Mind your mind for the jewels of the soul**

*Scroll Twenty-Five*
*The Emotions*
*(19x3=57)*

Lo! First my children allow me to give you knowledge on emotions.
2 This knowledge came from a divine scripture,
3 A scripture, which was received by me, to give unto you,
4 So that ye may have the **Right Knowledge, the Right Wisdom,** and the **Right Overstanding,**
5 Which will lead ye into the **Sound Right Reasoning,**
6 Which was given to you by God.
7 The divine scripture is called *The Holy Tablets,* where it states;
8 In the *1st chapter,* the 40-42nd *verse,* which reads as thus: *(40) this is how the events of creation and pre-creation were recorded: when life existed in and beyond the stars. The All is, was and will be! And felt within a love. A divine love that is unknown or*





*felt by those disagreeable beings, and thus emotions were. At the first birth of emotions was the birth of motion. (42) Things gradually began to move about, and it was then that movement and motion was conceived out of triple darkness, for the light birthed the chaos.*
9 Of all the emotional barriers,
10 The most devastating is anger and is
11 The greatest enemy of peace for it is the most negative.
12 It is a modification of lust, and
13 When one's desires are not gratified one becomes angry.
14 The mind then becomes confused, and
15 Memory and overstanding is lost,
16 And things are said and done without awareness or control.
17 Anger does great danger to one's own physical and psychic bodies.
18 As well as those of the others.
19 The whole nervous system is shattered by one fit of anger.
20 Occasionally, a spiritual teacher expresses a little anger outwardly in order to correct a student,
21 But, this should not be confused with an emotional outburst.
22 Though he or she may appear hot and indignant on the outside,
23 The true master remains cool within,

24 For his or her motive is the growth of his or her disciples.
25 Only when anger is the outcome of selfish or petty motives is it wrong.
26 Anger is very difficult to control when it has been allowed to grow and become habitual.
27 It is most easily controlled when it is a small ripple in the subconscious mind.
28 One should watch the mind carefully for signs of irritability;
29 Then control is no problem.
30 Frequent irritation over trifling matters is a sign of mental weakness.
31 this can be overcome by carefully developing counterforce, the virtue of patience.
32 Just as heat and light can be transferred into electricity,
33 Anger can be transferred into spiritual energies.
34 All vices, unwanted qualities and wrong actions stem from anger.
35 When anger has been controlled, all others die by themselves.
36 Anger gains strength with repetitions,
37 And in checking it one gradually strengthens the will.
38 By learning to remain silent even in the face of insult and abuse,
39 It becomes easier to check for emotion before





they take form.
40 Always speak moderately and if there is a possibility of a burst of anger during conversation stop speaking and do something else.
41 Words should be soft and arguments hard,
42 For if the words are hard they create conflicts.
43 Drinking cool water, or taking a brisk walk are excellent aids in combating anger,
44 As in maintaining silence for a long time.
45 Smoking,
46 Eating bad food
47 And drinking are irritants,
48 Which irritates,
49 And aggravates the problems,
50 And are best avoided.
51 Family can bring out the worst in you.
52 Love ones know how to get inside and upset you.
53 Don't argue when hungry.
54 If you expect too much of others, you deserve the pain of a let down.
55 Do what you know you can, don't try to be the show off it can bring you problems.
56 if you go into crowded areas you're bound to find trouble.
57 you are in control of your emotions, and responsible for whatever happens to you. You are always where you are supposed to be. Look around

you.

**Mind your mind for the jewels of your soul**

*Scroll Twenty-Six*
*Fear*
*(19x1=19)*

Lo my child! Fear is the most debilitating emotion.
2 The student must always be willing to risk everything including his or her very life in the quest for spiritual perfection.
3 Timidity makes one absolutely fearful to become a deity.
4 A criminal who is fearless and totally indifferent;
5 And unattached to his or her body is more fit for becoming a deity than a nervous over cautious person.
6 His or her energies only needs to be re-channeled.
7 Fear is a product of imagination.
8 But nonetheless it assumes real forms and can be troublesome in a variety of ways.
9 Fear manifests in many shapes, such as:
10 Fear of death, fear of disease, fear of solitude, and fear of company.
11 Taking hold of the mind, imagination works havoc and makes one prey to all sorts of fear.
12 Fear of public criticism especially stands in a way of a person striving for righteousness in the face of persecution,





13 One must stick to his or her convictions.
14 Then only can one grow.
15 Fear can be overcome by self-inquiry,
16 Devotion to a higher cause,
17 And the cultivation of the opposite of fear, courage.
18 Positivity always overcomes the negativity,
19 And courage always overcomes timidity.

**Mind your mind for the jewels of your soul**

*Scroll Twenty-Seven*
*Discouragement*
*(19x1=19)*

Lo! Know ye,
2 That a lack of faith is one: 3 discouraging,
4 And it is a dangerous obstacle;
5 In the path of personal development
6 When these crop up,
7 The student is, in danger of slackening,
8 His or her efforts,
9 And giving up his or her practice altogether.
10 This would be a great mistake.
11 It must be remembered that;
12 There will always be periods when one's progress is more,
13 Or less apparent.
14 Whenever doubts arise,
15 The student should at once seek the company of spiritually elevating people,
16 And remain under their

influence for some time.
17 Conversing with people of firm,
18 And clear **faith,**
19 And **practice,** clears **all** doubts.

Mind your mind for the jewels of your soul

*Scroll* ***Twenty-Eight***
***The*** *Mind Itself*
*(19x5=95)*

**Lo!** My **children,** by now ye have received knowledge about the mind,
2 Which, as I told you works with the brains,
3 This journey that you are about to begin,
4 Is teaching you about the mind **itself,**
5 Negative thoughts seem to assail and attack with double force,
6 When the person striving for righteousness tries to rid him or herself of them.
7 This is the natural law of resistance.
8 **Eventually,** they will perish,
9 For negative thoughts cannot stand before positive thoughts.
10 The very fact that undesirable thoughts create a feeling of uneasiness when they arise,
11 Indicates growth and maturity,
12 For at one time,
13 These thoughts were welcomed into the mind.
14 However, they cannot be driven out forcefully or suddenly,





15 Or they will turn against you with increased energy.
16 They wither away of their own accord when,
17 The person persists in his or her practice with tenacity and diligence.
18 The mind must be watched particularly when it is relaxed.
19 Negative thoughts must be countered immediately with positive thoughts,
20 For ill thoughts are destroyed by good thoughts.
21 Just as it is easiest to stop an intruder at the gate,
22 So it is easiest to check a negative thought as soon as it arises.
23 It can be nipped in the **bud** by sustained spiritual practice,
24 Good actions and awareness of the misery that arises from negativity.
25 Hatred, like anger is one of the fiercest foes of the serious student and
26 Like greed or lust it is insatiable.
27 Though it may temporarily subside, it can burst out again with redoubled force.
28 It is like a contagious disease that infects one person after another.
27 Contempt, prejudice and ridicule are all various modes of hatred.
28 Infatuation and **attachment**
29 Are serious obstacles because they are subtle as

well as powerful.
30 When millions of people are killed during a war, a mortal man does not weep,
31 Yet he or she weeps when his or her spouse dies.
32 This is because infatuation creates the idea of "mine,"
33 And the greater the attachment, the greater the pain.
34 When a person speaks of "my wife, "my son", or "my home",
35 He or she reveals an attitude of separation from the rest of humanity.
36 So long as there is identification with the ephemeral physical world,
37 Little progress can be made on the path of becoming a child of God.
38 Greed, which is closely linked with infatuation, is insatiable, and it agitates the mind.
39 Even though a human may be a millionaire, He or she schemes to become a billionaire.
40 Greed assumes various subtle forms.
41 If a moral man thirsts for name and fame,
42 This also is greed.
43 infatuations, attachment and greed are destroyed by vigorous self-inquiry,
44 Prolonged meditation and constant spiritual practice,
45 Another impediment to perfection is memory,





46 Or recalling past events.
47 To overstand this,
48 Assume for a moment that one is meditating;
49 In a solitary country setting.
50 If memories of a past holiday in New York arise,
51 And the mind is allowed to dwell on them,
52 For the moment;
53 One will actually be living in New York,
54 In a past time.
55 This applies also to daydreams.
56 Looking back to past experiences gives life to the memory picture,
57 Reinforces it and pulls the mind away from its true nature.
**58 A GOD NEVER LOOKS BACK.**
59 This does not mean don't reflect on the Goods of the past.
60 In fact,
61 Listening to music of when you were a child;
62 And you remember your mom or dad,
63 Your grandmother or grandfather singing,
64 Or listening to the oldies; of their time,
65 The sound waves will reactivate dead brain cells.
66 It is one of the keys to rejuvenation,
67 Or the fountain of youth.
68 Get those old records and tapes out,
69 Put them on, and
70 Play them,
**71 And reflect on when you were a child, full of**

health.
72 It will give you new found feelings of youth.
73 It will actually make you younger in heart, body
74 And mind.
75 And the total opposite for those elders who listen to this new music,
76 It will remind you of your age and speed your death.
77 For aspirants traveling the spiritual path;
78 And dedicating all action to God.
79 There is no greater crime than using religion,
80 To take advantage of trusting people.
81 In fact religious hypocrisy is much worse than ordinary hypocrisy.
82 For the religious hypocrite makes a mockery of spirituality,
83 And God,
84 Who is called by many names
85 By different religious denominations.
86 God is Allah to the Muhammadans,
87 Thehos to the Christians,
88 Yahweh or Hashem to the Hebrews,
89 Krishna to the Hindus, etc.
90 He or she needs to undergo a long;
91 And drastic course of treatment,
92 Imposed upon the mortal man by somebody else,
93 For he or she is too egotistical,
94 And devious to apply





self-cure,
95 Or even to want it.

**Mind your mind for the jewels of your soul**

*Scroll Twenty-Nine*
*Complications Of Daily Life*
*(19x2=38) ~*

Lo! Unfavorable environments,
2 Uncongenial atmospheres,
3 And other obstacles do not necessarily lead to the defeat of one's efforts.
4 Rather, they can serve as trials, and aids in the development of such strong powers as discrimination,
5 Empathy,
6 Will,
7 And endurance.
8 On the other hand, undesirable company is highly disastrous,
9 For such contact fills the mind with useless ideas, hate, racism, sectism etc.
10 To avoid being pulled into negativity,
11 The righteous person should protect him or herself carefully from any distracting influences.
12 People who lie and steal, or are greedy, or indulge in backbiting, and pass the time with idle gossiping;
13 Have no pkce in the life of righteous person.
14 The elder use to say: *the more you notice a monkey, the more it will clown.*
15 Avoidance is safe. Avoid those disagreeables.
16 The healthiest

approach; is to strictly avoid them.
16 The term undesirable company includes more than just people;
17 It is anything that gives rise to negative thoughts, like bad music, dangerous sports,
18 All negative vibrations;
19 Rowdy surroundings,
20 Raunchy parties,
21 Gangs, the wrong places to be,
22 War, murder, certain types of books,
23 And CD's, DVD's with lots of killing and lust,
24 And songs that create discontent,
25 Movies and television programs centering on violence and sensuality,
26 All lead the mind astray,
27 And fill it with desires it would not normally have.
28 One should even consider curtailing the reading of some newspapers,
29 For their intent,
30 As well as effect;
31 Is to tantalize the mind
32 With waves of unrest,
33 And sensationalism.
34 All of these distractions,
35 Draw the mind outward;
36 Rather than focus it inward.
37 They foster the illusion; that this world is a solid reality, and obscure the supreme truth,
38 Which underlies all names and forms.

Mind your mind for the





**jewels of your soul**

*Scroll Thirty*
*Stumbling Blocks And Stepping Stones*
*(19x1=19)*

Lo! Ye mortals must watch your mind very carefully,
2 Be vigilant.
3 Be on the alert.
4 Do not allow the waves of irritability,
5 Jealousies,
6 Hatred and
7 Lust to disturb you.
8 These evil waves are enemies of peaceful living,
9 Meditation, and
10 Wisdom.
11 The obstacles and stumbling blocks on the path of righteousness,
12 Can be easily overcome once an intelligent,
13 And comprehensive overstanding of them has been reached.
14 One should always bear in mind,
15 That failures are but stepping stones to success.
15 One must train the mind propedy
16 And not be discouraged,
17 For the journey to perfection
18 Was never completed;
19 Through one shadow hour, which ye call night.

**Mind your mind for the jewels of your soul**

*Scroll Thirty-One*
*The Other Side OfThe Planet*

*Earth*

*(19x3=57)*

**Lo!** Ye mortals have no knowledge of what exists on the other side of the **planet,**

2 Which ye **call** Earth.

3 One **reason,** is because,

4 Most of you don't care about anything except what is in the immediate presence,

5 This is one of the bad qualities that ye mortals carry.

6 Existence in the physical body is but a flash in the life of a **soul.**

7 The brevity of earthly life becomes more apparent the older a person gets.

8 As the seeker progresses on the path of righteousness,

9 He or she begins to realize that all of existence is a spiritual experience.

10 The only purpose of the moving in and out of bodies is to advance towards perfection.

**11** Death is simply another spiritual experience or phase through which the soul passes. It is also a sickness that can and will be **cured.**

12 During that period of transition referred to as "death" the body ceases to perform the life functions, it's **sick.**

**13** The physical body is of the gross of earth plane,

14 For it comes from and is composed of **the** elements of the **earth.** So the cure's also here. True age should be 120 years of earth time for this body *(Genesis 6:3).* Bad food, air, water and thinking is why it ends before **120** years.

15 Having served its purpose, it returns to the earth, but when and how one dies is the key. Even God, **Yahweh,** or Allah has a time. For it says in the *Book of Psalms 90:4 "Each day to the Lord is like one thousand years."* The **Aramic** (Hebrew) word used for 1,000 in this quote is **eleph** (אלף). You will find this statement again in the New Testament in the *Book of Peters 3:8,* which uses the **Idumean** (Greek) word **khil'ee-oy** (Ψιλιοι) for 1,000 and the word **koo-ree-os** (κυριοδ) for lord or master. And also the *The Noble Koran **32:5,*** which uses the Ashuric/Syriac Galilean (Arabic) word **alf** (الف) for 1,000.

**16** So God does have time. 1,000 years is one day to God. So God has a life span as the beginning and the end.

17 And the soul separates to exist on other planes.

**18** Earthly existence is but a fraction of the experience of the soul.

19 Every person has three bodies:

20 (1) The physical **body,**

21 (2) The astral body, and

the (3) casual body.
22 His or her own **trinity.**
23 the physical body is also called the food sheath, for it is composed of what is eaten,
24 And at the end of the **life** it returns to the food cycle.
25 The astral body is composed of the vital sheath, which contains all the energy;
26 The mental sheath, which contains all emotions and desires; life span is 1,000 years as the Lord *(Psalms 90:4).*
**27** And the intellectual sheath, which performs the functions of analyzing the **thinking.**
28 The casual body is made up of the bliss sheath, **for its nature is** pure bliss.
29 The astral body, which interpenetrates and extends six to eight inches beyond the physical body,
30 Where it is frequently called in Arabic **"haalat" (حالة) or "aura".**
**31** The physical body is **the vehicle** of the **astral and** the casual bodies,
32 While the soul is incarnate on earth in order to learn the lesser.
33 **When** death comes, the astral body, with the ether,
34 The mind, memories, past impressions, or thought waves,
35 And the senses which all exist in the astral body separate from the physical





body
36 And move out of the Earth's plane to the higher planes, not merely a higher place but also to a higher level of **vibration,**
37 Where other types of knowledge are gained.
38 when death actually occurs, the soul **accompa**-med by the astral body departs from the physical body, to spare its 1,000 year life,
39 And travels to different planes according to its gadur (قدر) meaning **"fate".**
40 The results of good fate maybe the enjoyment of heavenly surroundings,
41 While the negative fate earns unpleasant **experi**-ences **beyond** the physical plane.
42 After leaving physical life,
43 The soul's experiences correspond to the **after-life** he or she has come to expect
44 The plane to which the soul travels is most **influ**-enced by **the kst thought,**
45 Prior to death, which is determined by the types of thought,
46 Which predominates throughout a person's **life.**
47 There can be no doubt that heaven or hell **exist,**
48 Both here and **else**-where although these are as much a state of **mind** as a solid reality.
49 A human **being** who has been selfish, greedy or

brutal in his or her dealings with his or her fellows,

50 Will exist on a lower plane where they must face the memory, and the fate effect of those deeds.

51 One who has lived a virtuous life travels to a higher plane to other planets, where the soul will have but to think of which it wants,

52 And to desire will automatically manifest from his or her thoughts.

53 But those who have transcended the idea of heaven rewards, who overstand the nature of birth and re-birth,

54 And no longer wishes to partake of the endless round of material pleasures and pains, travel to even higher planes on to other worlds,

55 Where everything is of a purer and lighter vibration.

56 There is still pleasure, for these souls will have accumulated much agreeable fate.

57 But the experience is a learning one This is the workings of the mind. Ye must seek out the scroll, *Is there life after death? scroll #124*, for in it, I give you the knowledge and the wisdom of death, and what happens on the other side of life

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